

NORTH LITTLE ROCK



2003 – 2004 YOUTH HEALTH SURVEY

**North Little Rock Hometown Health
Coalition & the Arkansas Department of
Health Center for Health Statistics**

2003-2004 North Little Rock Youth Health Survey

Coordinated by:

North Little Rock Hometown Health Improvement

and

Arkansas Department of Health
Center for Health Statistics

March, 2004

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What is the County Youth Health Survey?

The County Youth Health Survey (CYHS) was designed to measure health risk behaviors, such as smoking, drinking and driving, and obesity, among the nation's youth. Developed by the United States Centers for Disease Control and Prevention (CDC) in Atlanta, Georgia, the 87-item, multiple-choice Youth Risk Behavior Survey questionnaire was tested and revised several times prior to implementation to assure that results would be both accurate and useful. The survey has been used nationally, at a statewide level, and locally. It is known as the County Youth Health Survey (CYHS) at the local level.

During October, 2003, 3,534 sixth through twelfth grade students throughout North Little Rock public schools completed usable CYHS questionnaires. The information provided by those students is presented in this report.

Why did North Little Rock conduct the CYHS?

North Little Rock was selected by the Arkansas Department of Health (ADH) to participate in Hometown Health Improvement (HHI), a new community health assessment project. North Little Rock HHI is working to assess the specific health needs of North Little Rock residents. In order to collect information on the health behaviors of the community's youth, HHI coalition members requested that the County Youth Health Survey be administered to the students in the sixth through twelfth grades at North Little Rock schools.

The CYHS will help North Little Rock identify students' current health and safety habits so that improvements can be made where needed. Healthy lifestyles for North Little Rock students mean longer, more productive lives for the city's young people, as well as improved learning in the classroom.

The 2003-2004 CYHS also provides North Little Rock with measures for evaluating future trends in health habits of youth. Survey results can now serve as a valuable tool, particularly for legislators, policy makers, school administrators, and teachers as they make decisions about new disease-prevention and health-promotion policies, services, programs, and educational activities. Parents and students can use these results to evaluate potential changes toward better health. Specifically, CYHS' findings form a valuable base upon which North Little Rock can strengthen its ability to:

- Establish disease prevention and health promotion policies;
- Plan and implement programs and services;

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- Secure funding for programs;
- Allocate limited resources toward targeted needs and priorities;
- Conduct future research and note progress or deficiencies, and
- Enact laws to prevent injuries and unnecessary deaths.

How was the CYHS conducted?

During October, 2003, sixth through twelfth grade students enrolled in North Little Rock public schools completed the CYHS. All students who attended school on the day that their school administered the test to their grade were eligible to participate, but their participation was voluntary.

About This Report

This report entitled “2003-2004 North Little Rock Youth Health Survey” summarizes the overall answers students reported about safety, diet and exercise, alcohol, tobacco, and other health risk behaviors. North Little Rock’s survey of public schools provides a “snapshot” of students’ behaviors. The survey contains questions related to:

- Behaviors that result in intentional and unintentional injuries;
- Tobacco use;
- Alcohol and other drug use;
- Sexual behaviors that result in HIV infection, other sexually-transmitted diseases (STD’s), and unintentional pregnancies; and
- Physical activity and nutrition.

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This report summarizes North Little Rock's findings on the priority health risks that result in the most significant causes of death and disability of youth in Arkansas. Written for concerned educators, policy makers, parents, and youth, this CYHS report provides a brief overview of:

- The survey's process and procedures;
- Survey questions;
- Students' answers;
- Percentage of CYHS participants giving those answers; and
- Major summary findings.

How Results Can Be Interpreted

North Little Rock's 2003-2004 County Youth Health Survey is a "snapshot in time" showing those health-risk behaviors reported by North Little Rock students in October, 2003. Answers in this survey were only as accurate as students' reporting. Each student interpreted the terms in each question according to his or her own definitions. For instance, is a pocketknife a "weapon?" What area does "on school property" include? Some students chose not to answer certain questions, meaning that not all students surveyed were represented in every response.

Answers were edited for consistency using the Center for Disease Control and Prevention's CYHS data editing guidelines. For example, if a student reported that he or she had driven under the influence of alcohol, but reported that he or she had never had a drink of alcohol, the answers for those questions were deleted from the survey. Additionally, some students chose not to answer certain questions.

The percentages presented in this report were rounded to the nearest whole percent. For example, 75.5% would be reported as 76%, while 75.4% would be reported as 75%. Due to this rounding, total percentages may add up to 99% or 101%.

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Sincere Appreciation To:

- The superintendents, principals, counselors, nurses, and teachers of North Little Rock schools who so graciously gave of their time and energy to see this survey through to its completion;
- The North Little Rock students who completed the CYHS questionnaires;
- The United States Centers for Disease Control and Prevention, Division of Adolescent and School Health's Surveillance Research Section, which developed the survey process and questionnaire;
- Gary Ragen and the ADH Division of Emergency Medical Services for scanning the survey forms;
- Kathleen Courtney and the Arkansas Department of Education for support and assistance with this project.

Interested individuals may request additional information. Researchers and professional wanting to build upon North Little Rock's 2003-2004 CYHS data may request additional data from:

North Little Rock Hometown Health Improvement
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2800 Willow Street
North Little Rock, AR 72114

501-791-8551
cgrayson@healthyarkansas.com

For more information about the County Youth Health Survey or analysis of the survey data, please contact:

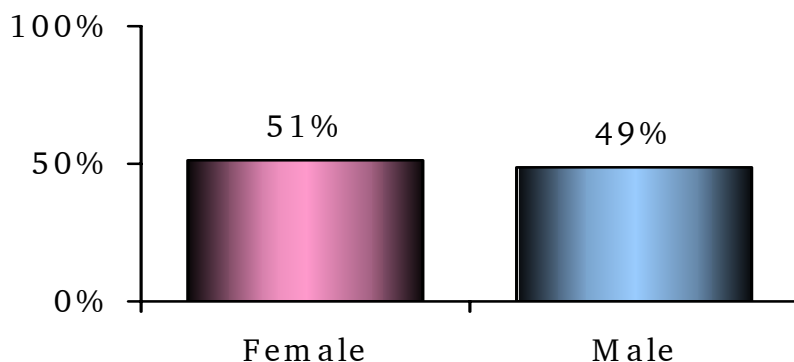
Arkansas Center for Health Statistics
Sharon Rose Judah, Lead Programmer Analyst
Ph. (501) 661-2971
sjudah@healthyarkansas.com

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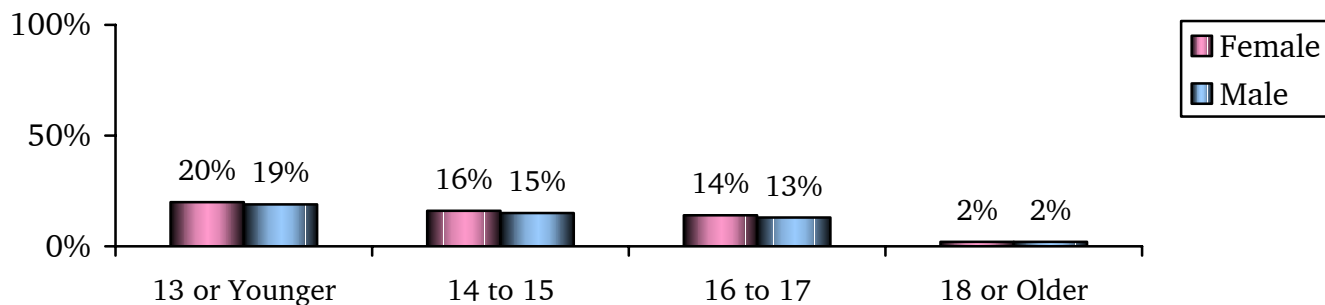
Demographics of survey participants:

Total number of survey participants = 3,534

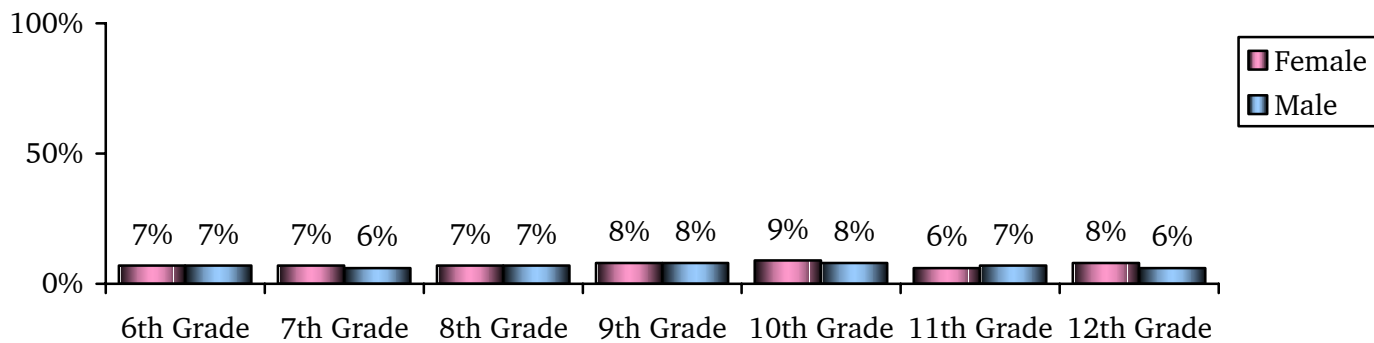
Gender



Age



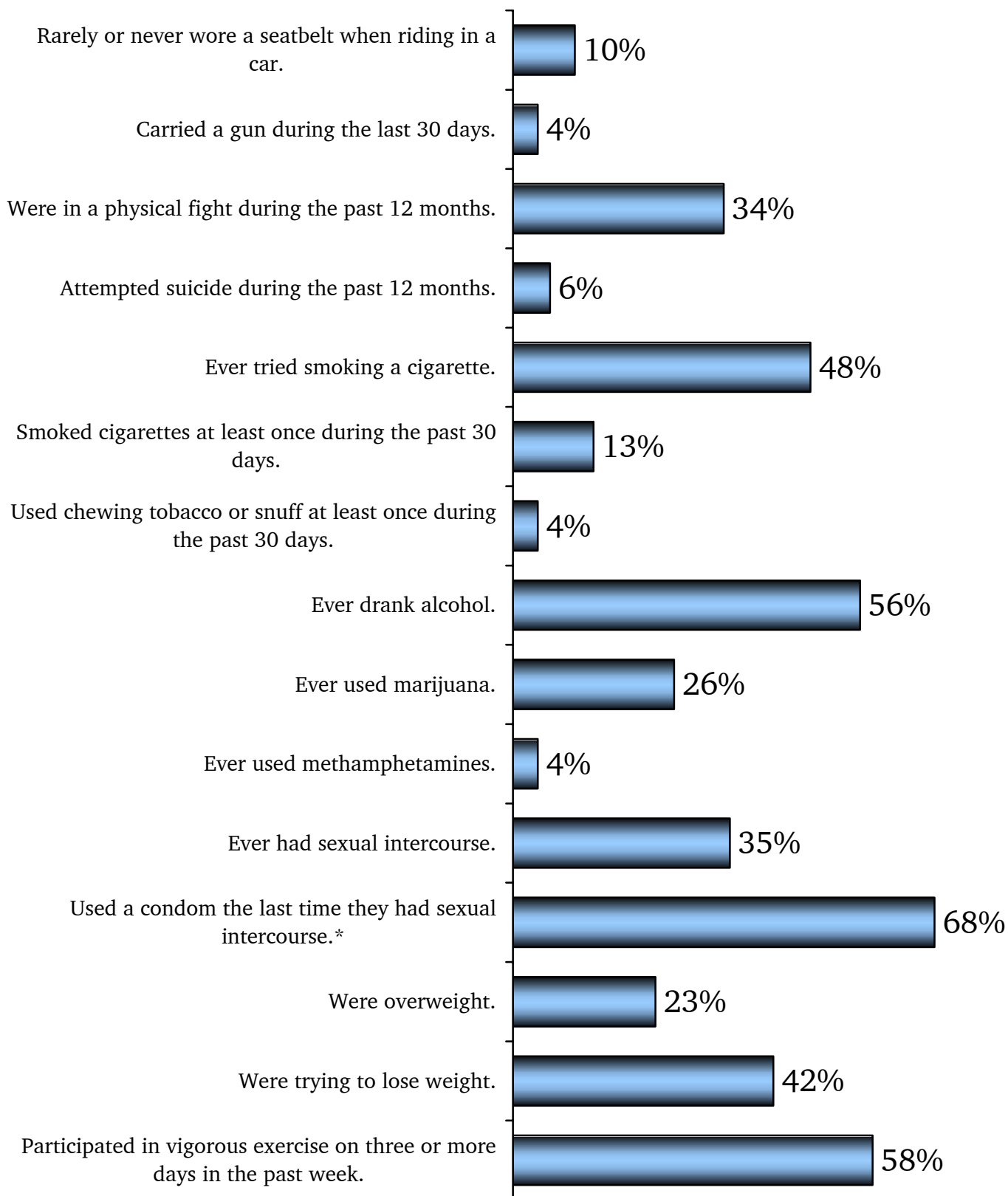
Grade



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Summary of North Little Rock CYHS Findings

Percentage of students who:

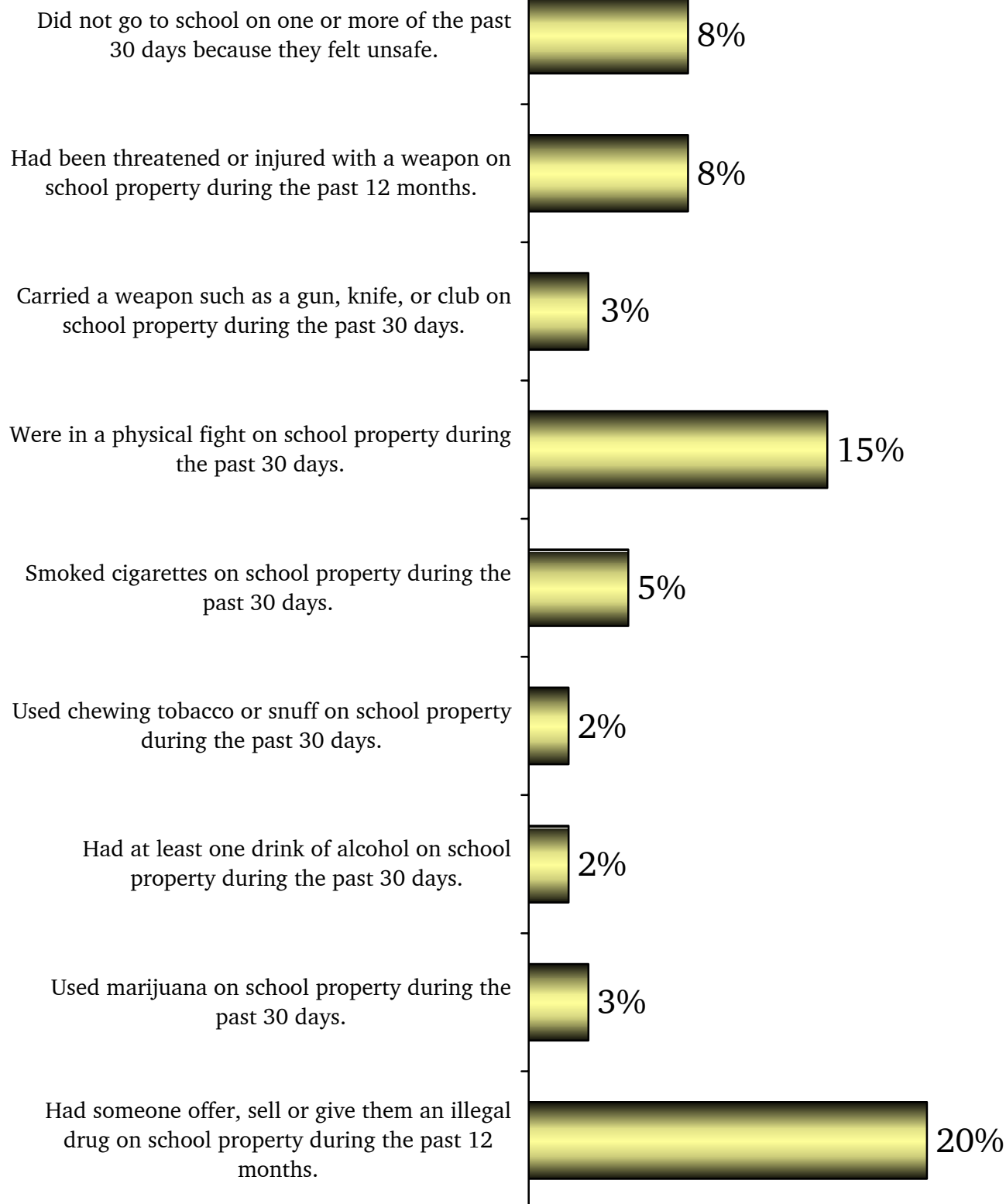


* of those who had ever had sexual intercourse.

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Summary of Behaviors Relating to School Property

Percentage of students who:



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Key findings

The following summaries highlight North Little Rock students' responses on the County Youth Health Survey in key areas and provide an overview of North Little Rock students' current activities that impact their health.

Behaviors that result in injuries

- Eighty-eight percent of the students who had ridden a bicycle in the year prior to the survey indicated that they never or rarely wore a helmet.
- Twenty-five percent of the students surveyed said that during the previous month they had ridden in a vehicle driven by someone who had been drinking alcohol. Five percent indicated they had driven a vehicle after drinking alcohol during the past 30 days.
- Fourteen percent of students carried a weapon such as a gun, knife, or club in the past 30 days, and 3% carried a weapon on school property during that time.
- During the 12 months preceding the survey, 34% of the students had been in a physical fight one or more times. Of those students who had been in a physical fight, 9% had to be treated for injuries sustained while fighting.
- Twelve percent of the students surveyed reported they had been hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend at least once during their lives.
- Eight percent of the students indicated being forced to have sexual intercourse when they did not want to at least once during their lives.

Depression and suicide

- Twenty-seven percent of students indicated they had felt so sad or hopeless for two weeks or longer that they stopped doing some of their usual activities.
- During the 12 months before being surveyed, 14% of students had seriously considered attempting suicide, 10% had made a plan about how they would attempt suicide, and 6% actually attempted to commit suicide. Three percent of students surveyed reported they were treated by a doctor or nurse for an injury, overdose, or poisoning resulting from a suicide attempt.

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Tobacco use

- Forty-eight percent of the students surveyed said they had tried smoking a cigarette. Thirteen percent reported smoking cigarettes on one or more of the past 30 days. Of the students who smoked during the past month, 54% said they usually smoked two or more cigarettes on the days they smoked, and 18% said they usually got their own cigarettes by purchasing them at a store.
- Four percent of the students had used chewing tobacco or snuff on one or more of the past 30 days, and 2% had used it on school property.
- Ten percent of the students surveyed indicated they had smoked cigars, cigarillos, or little cigars at least once during the previous month.

Alcohol and other drug use

- Fifty-six percent of the students surveyed indicated they had at least one drink of alcohol other than just a few sips at least once during their lives, and 29% had taken their first drink by the age of 13.
- Twenty-seven percent of the students had taken at least one drink of alcohol in the month before the survey, and 12% had five or more drinks in a row, that is, within a couple of hours, on one or more of the past 30 days.
- Twenty-six percent of the students said they had used marijuana at least once during their lives. Fifteen percent said they had smoked marijuana at least once during the last month.
- Ten percent said they had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high at least once during their lives. Three percent had done so during the past month.
- Four percent of the students surveyed had tried methamphetamines, 2% tried heroin, and 4% had tried cocaine at least once during their lives. One percent had used a needle to inject an illegal drug into their bodies at least once.
- Four percent of the students surveyed had taken steroid pills or shots without a doctor's prescription.

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Sexual activity

- Thirty-five percent of the students who completed the survey said they had sexual intercourse. Twelve percent of the students reported having four or more sexual partners during their lifetimes. Of the students who had sexual intercourse, 18% had used drugs or alcohol before their last sexual encounter, and 68% used a condom the last time they had sex.
- Five percent of the students surveyed reported that they had ever been or gotten someone pregnant.

Dietary behaviors

- Twenty-three percent of the students surveyed were overweight, as measured by body mass index. The body mass index, or bmi, is a ratio of weight to height that allows people of different heights to be compared.
- While only 23% of the students are considered overweight as measured by bmi, 23% of the students perceived themselves as slightly to very overweight, and 42% reported that they were trying to lose weight.
- Thirty-six percent of the students ate less during the past 30 days to lose or keep from gaining weight, and 57% exercised, 6% vomited or took laxatives, 6% took diet pills, and 14% went without eating for 24 hours or more to lose weight or keep from gaining weight.

Physical activity

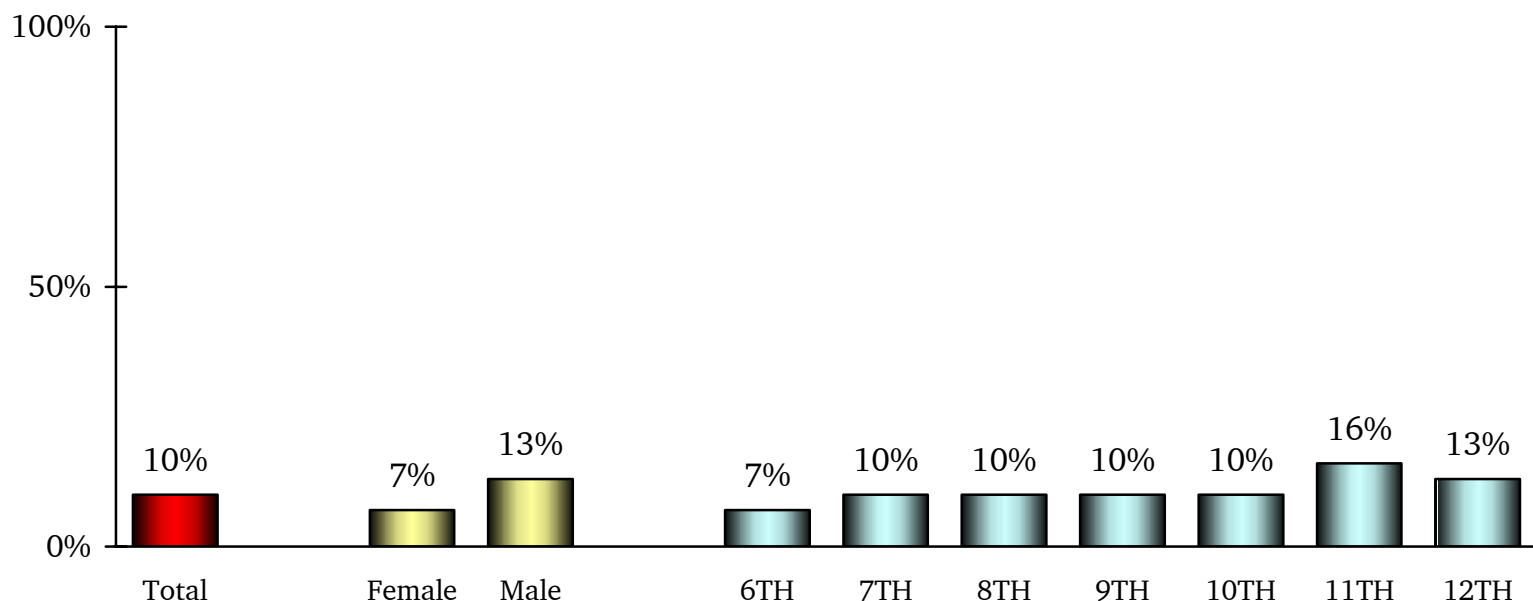
- Fifty-eight percent of the students surveyed said they had participated in a physical activity for at least 30 minutes that made them sweat and breathe hard on three or more of the past 7 days. Thirty-seven percent said they participated in a physical activity for at least 30 minutes on three or more days during the past week which did not make them sweat or breathe hard.
- Fifty-four percent of the students attended a physical education (PE) class at least once during an average school week, and 56% said they had played on one or more sports teams during the past year.

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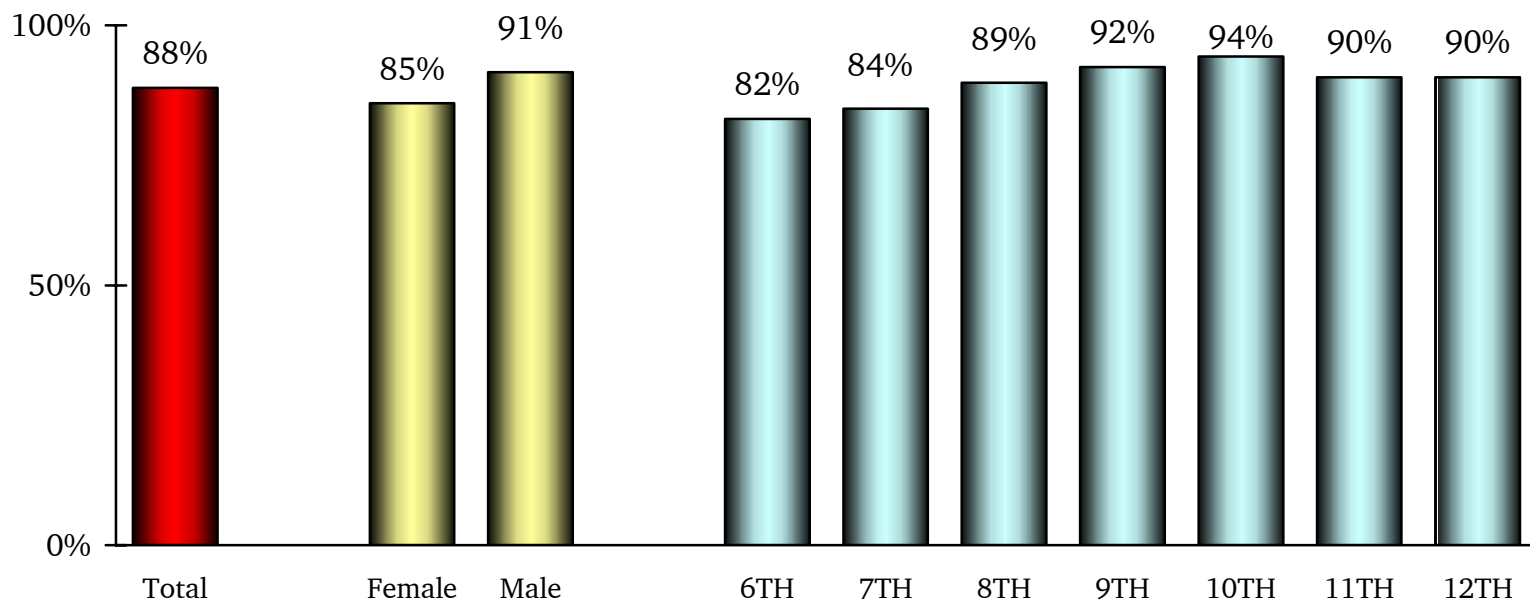
■ Vehicle Safety

These questions measure the frequency with which students take safety precautions when riding in a motor vehicle, riding a motorcycle or a bicycle.

Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else.



Of students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet.

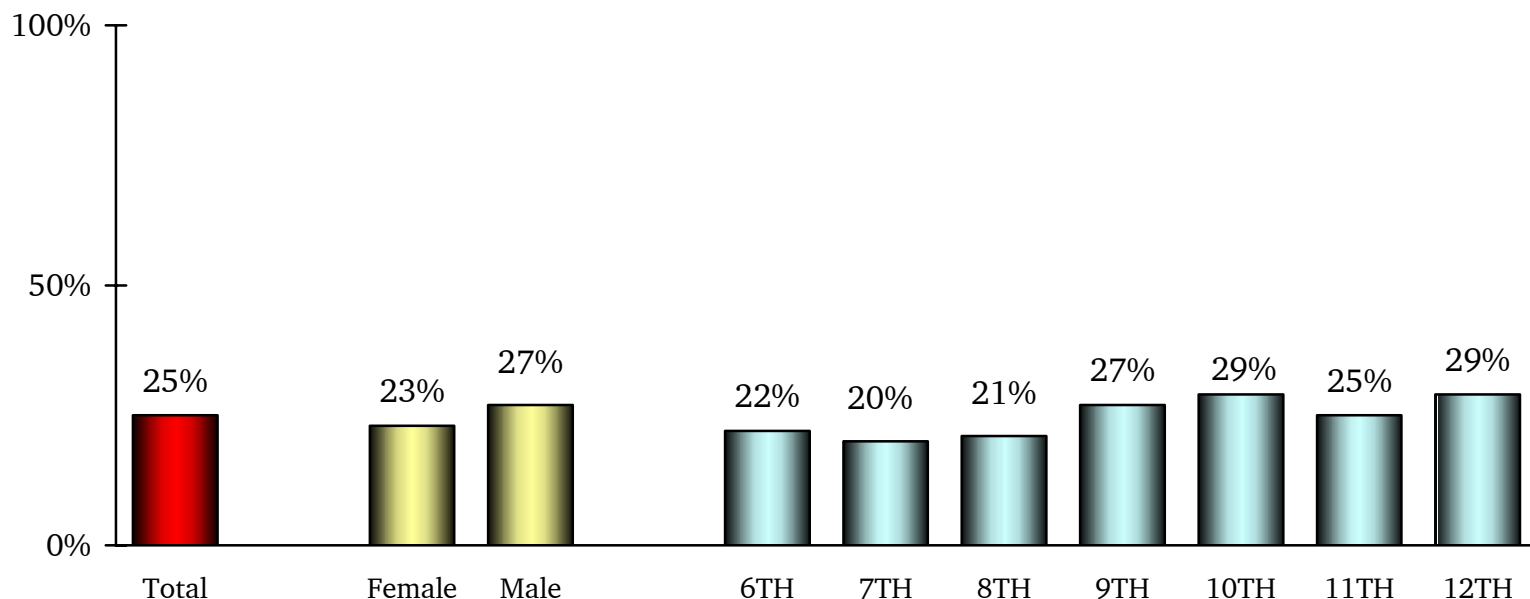


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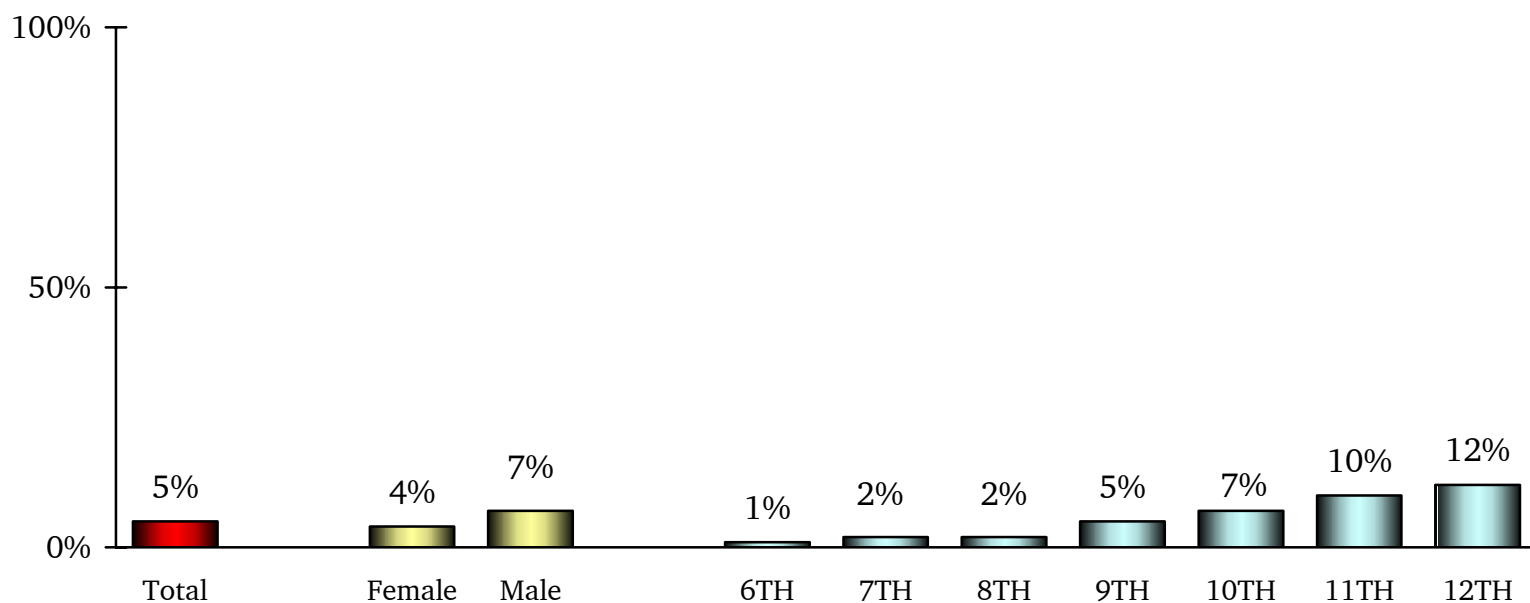
■ Vehicle Safety – Drinking and Driving

These questions measure the frequency with which students ride as a passenger or driver in a motor vehicle operated under the influence of alcohol.

Percentage of students who during the past 30 days rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol.



Percentage of students who during the past 30 days drove a car or other vehicle one or more times when they had been drinking alcohol.



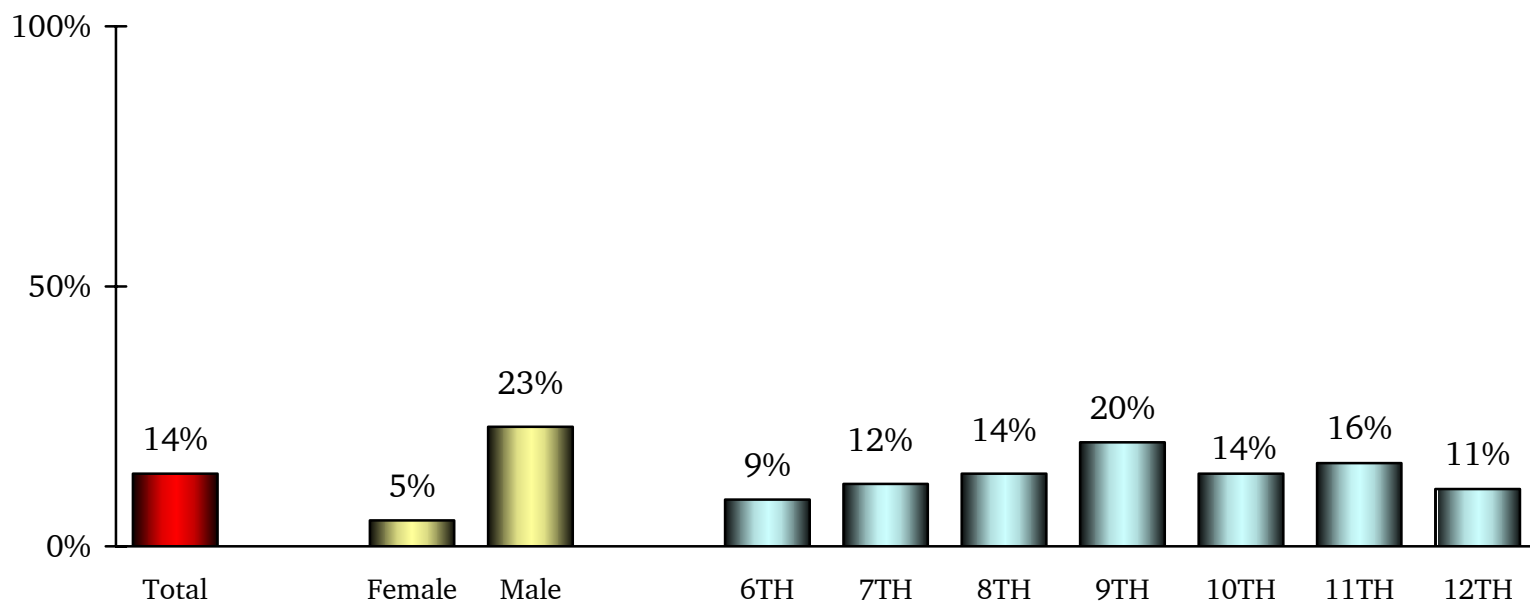
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■ Violence-Related Behaviors

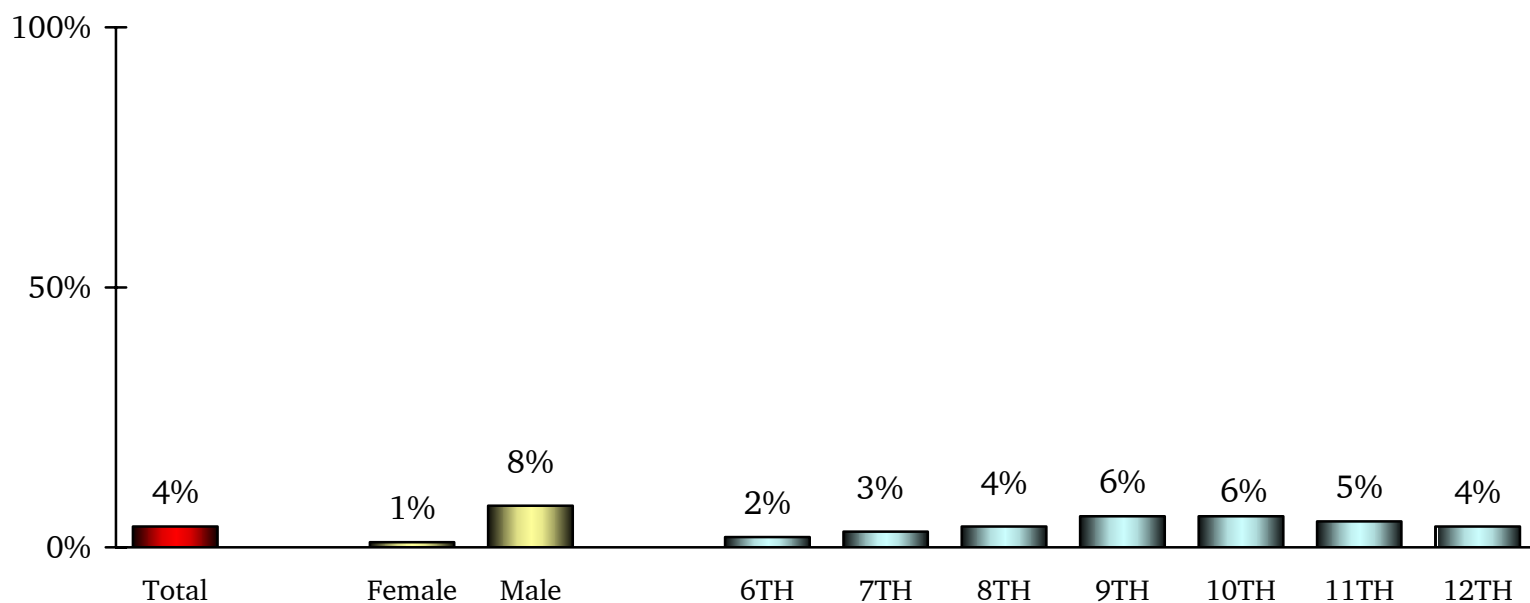
These questions measure violence-related behaviors.

Percentage of students who carried a weapon* on one or more of the past 30 days.

* such as a gun, knife, or club

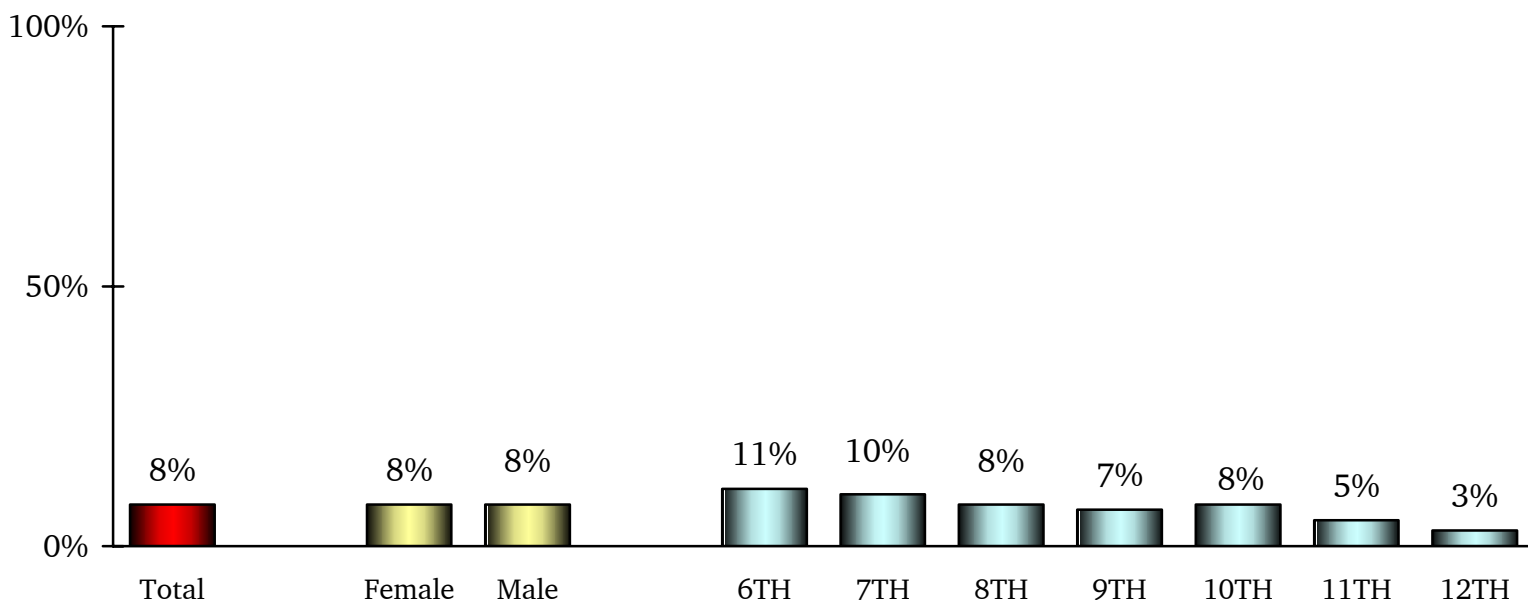


Percentage of students who carried a gun on one or more of the past 30 days.



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Percentage of students who did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school.

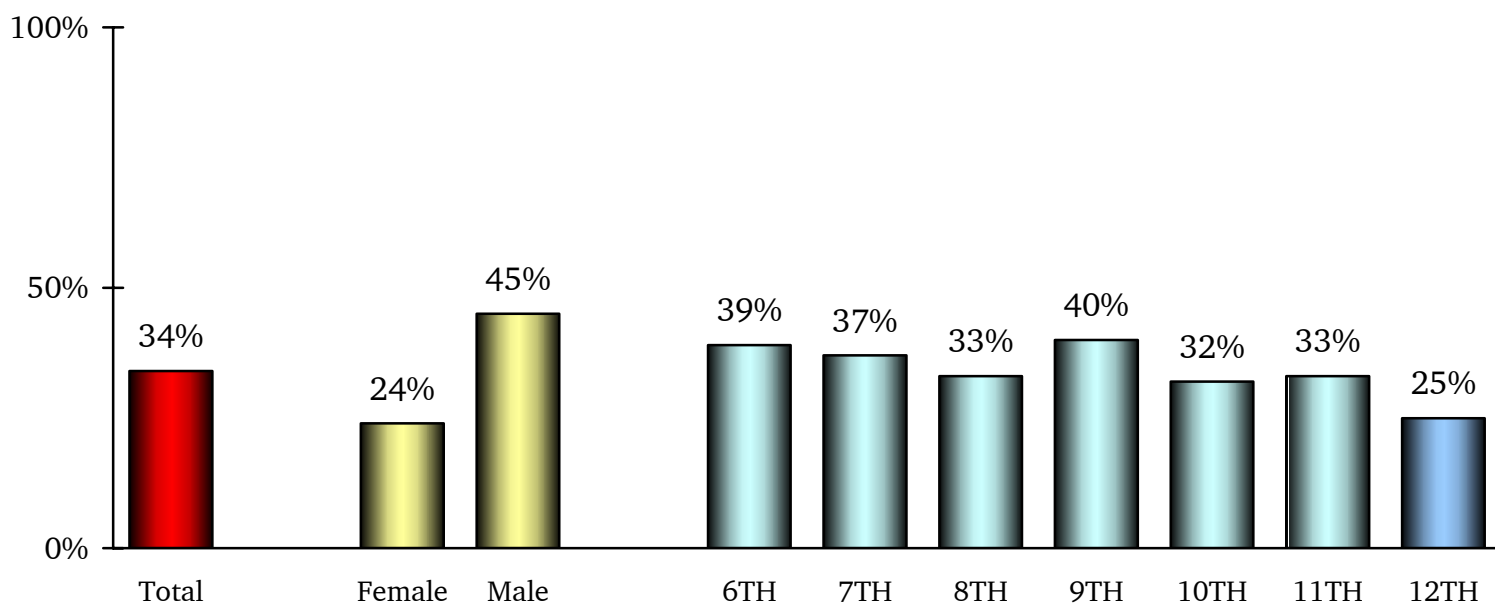


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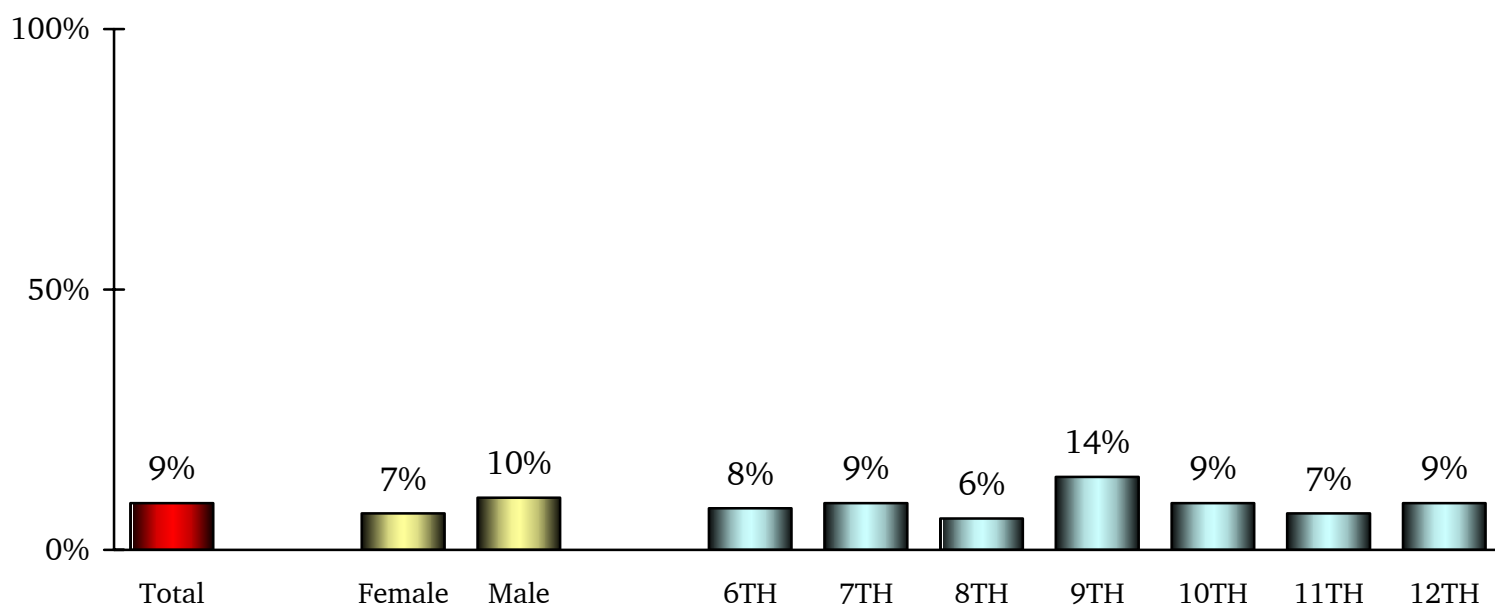
■ Violence – Physical Fighting

These questions measure the frequency and severity of physical fights.

Percentage of students who were in a physical fight one or more times during the past 12 months.



Of students who had been in a physical fight in the past 12 months, the percentage who had to be treated by a doctor or nurse one or more times.

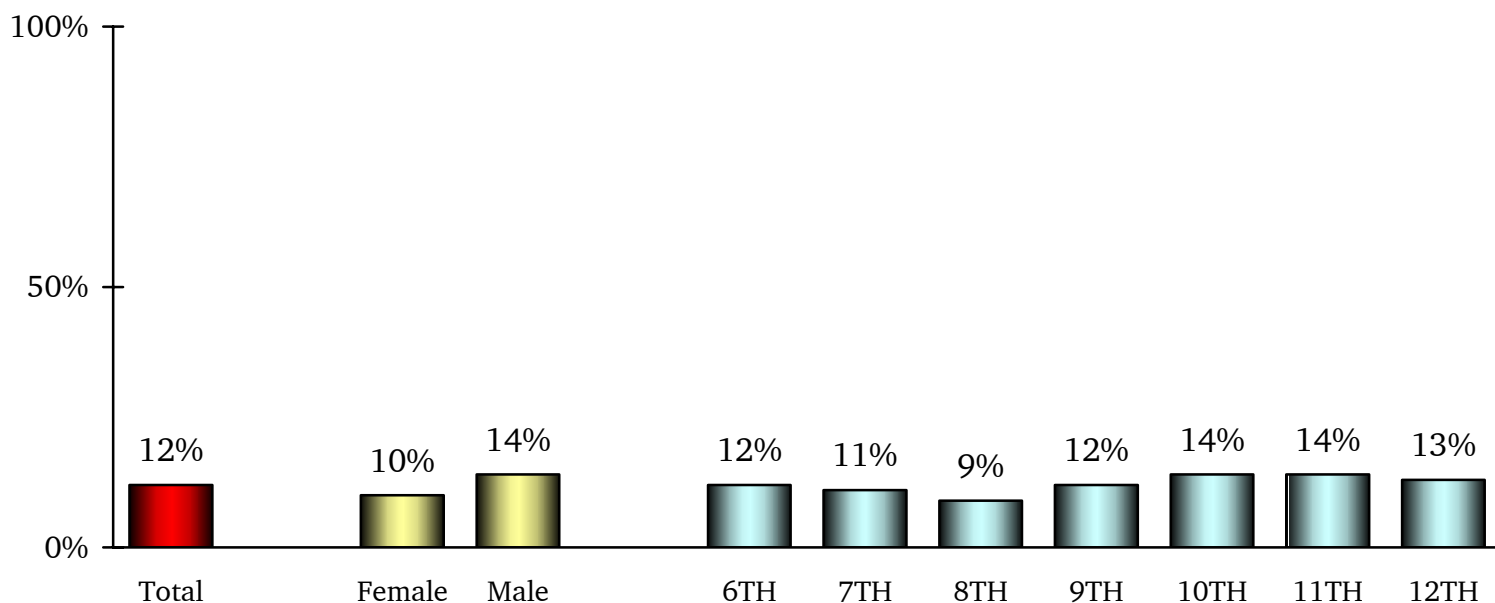


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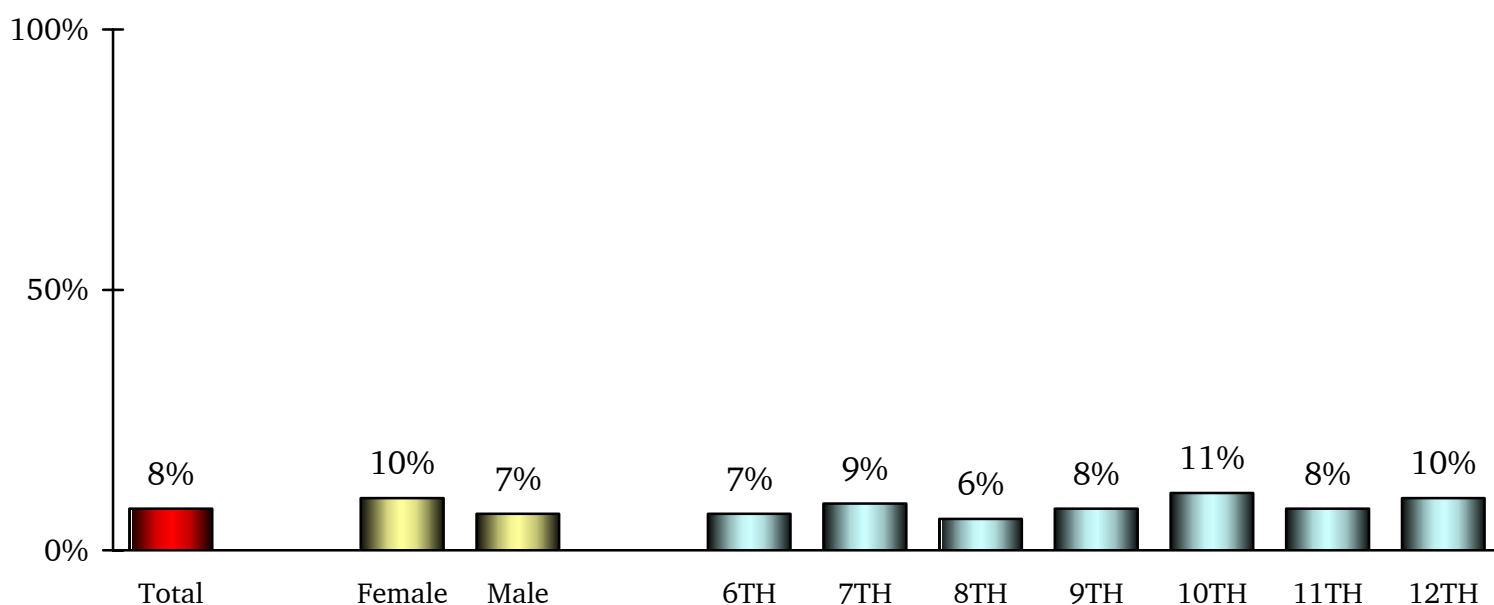
■ Violence – Sexual Violence

These questions measure rape and domestic violence.

Percentage of students who were hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend.



Percentage of students who have ever been forced to have sexual intercourse when they did not want to.

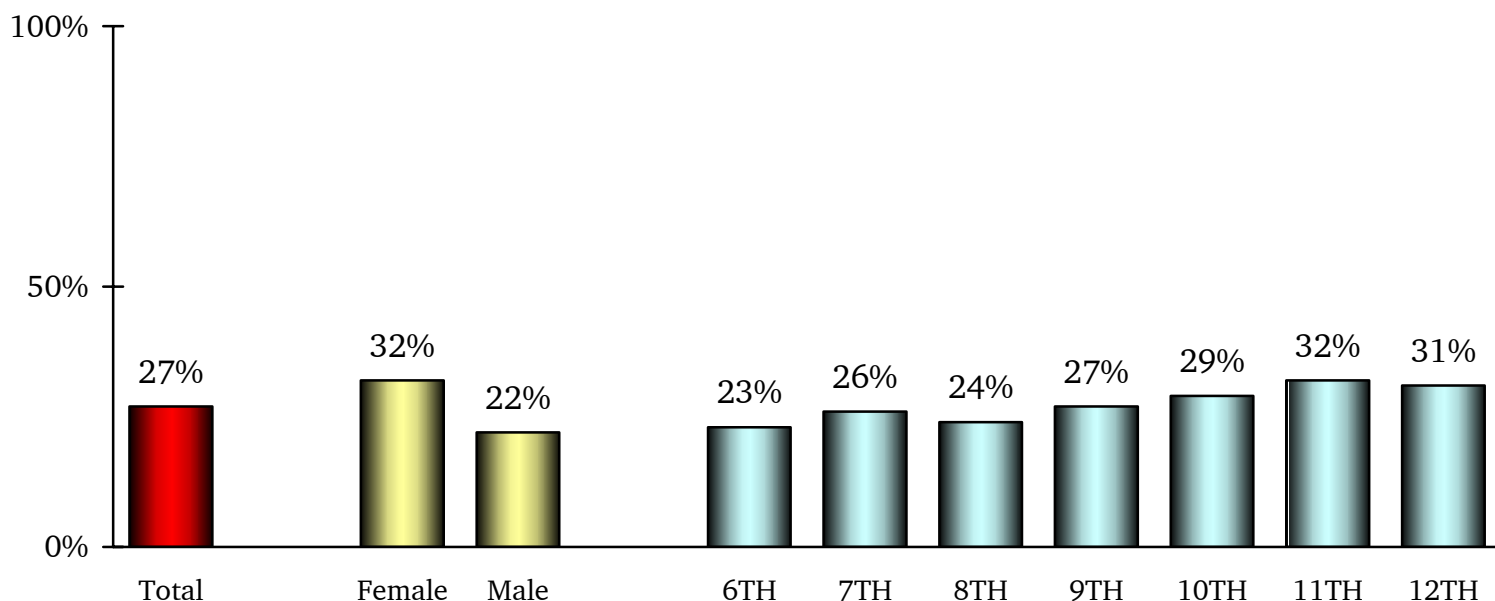


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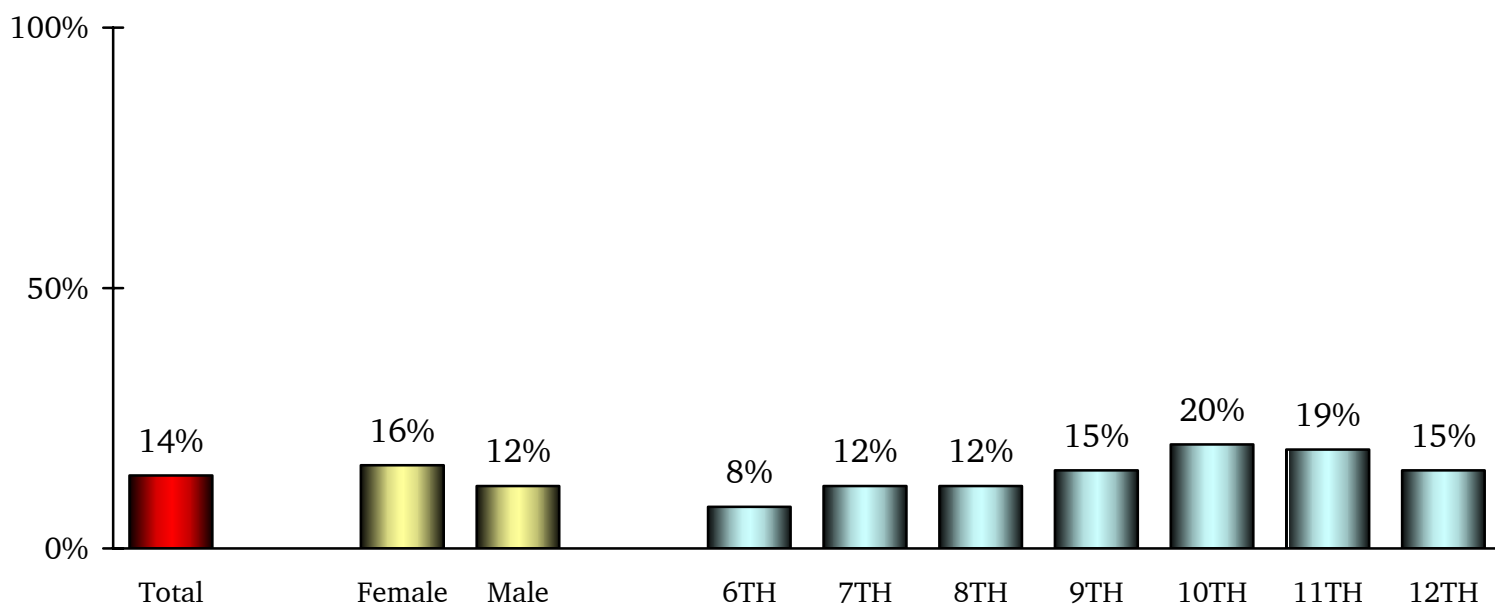
■ Depression and Suicide

These questions measure depression, suicide, suicide attempts, and the seriousness of those attempts.

Percentage of students who felt so sad or hopeless for two weeks or longer that they stopped doing some of their usual activities.

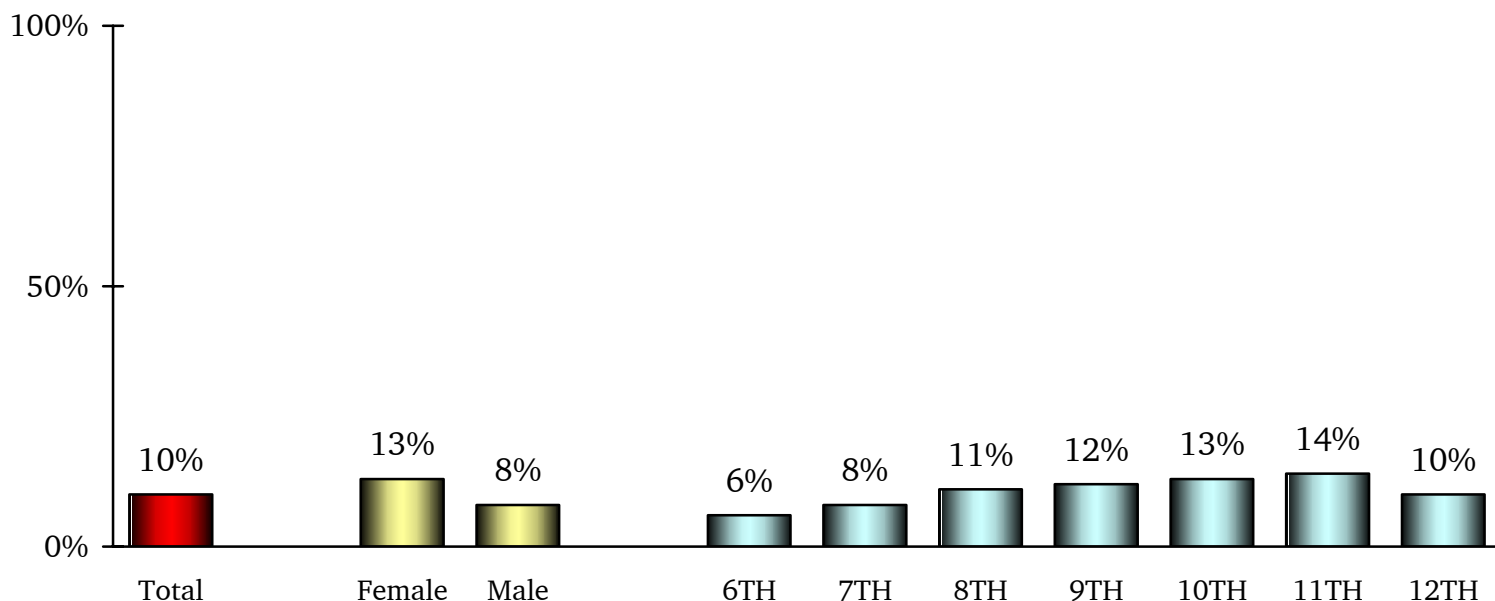


Percentage of students who seriously considered attempting suicide during the past 12 months.

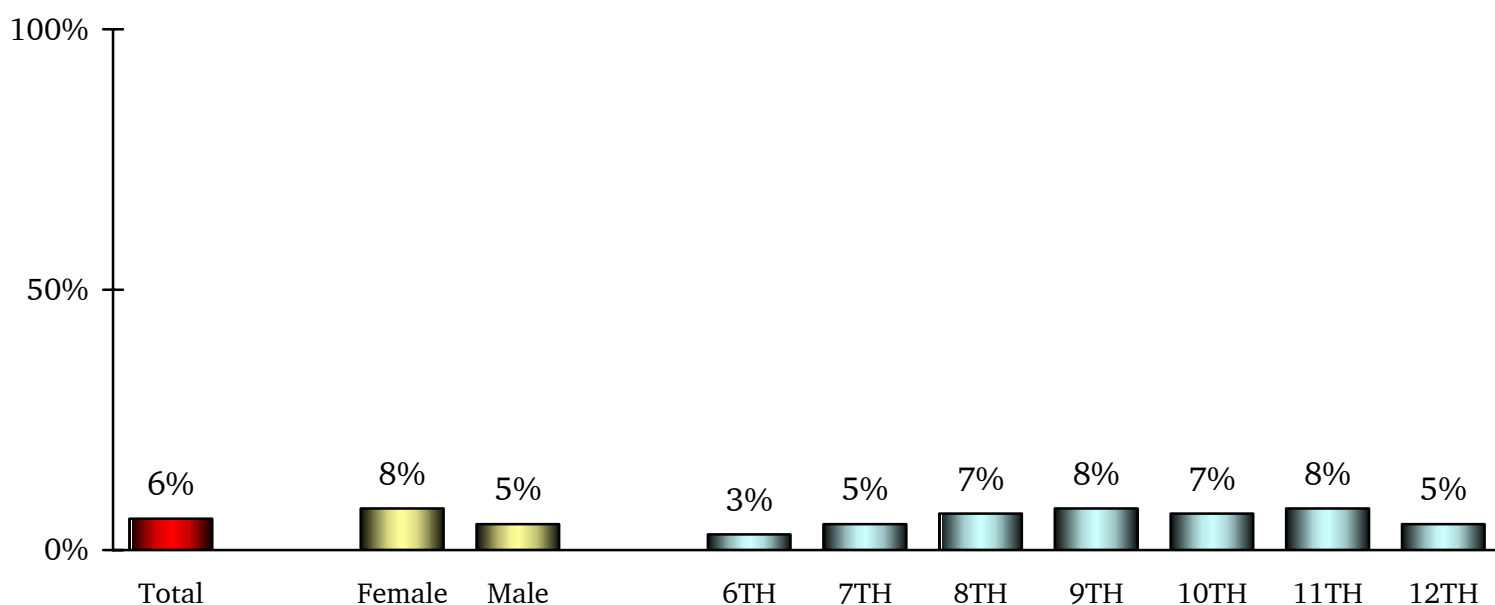


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Percentage of students who made a plan about how they would attempt suicide during the past 12 months.

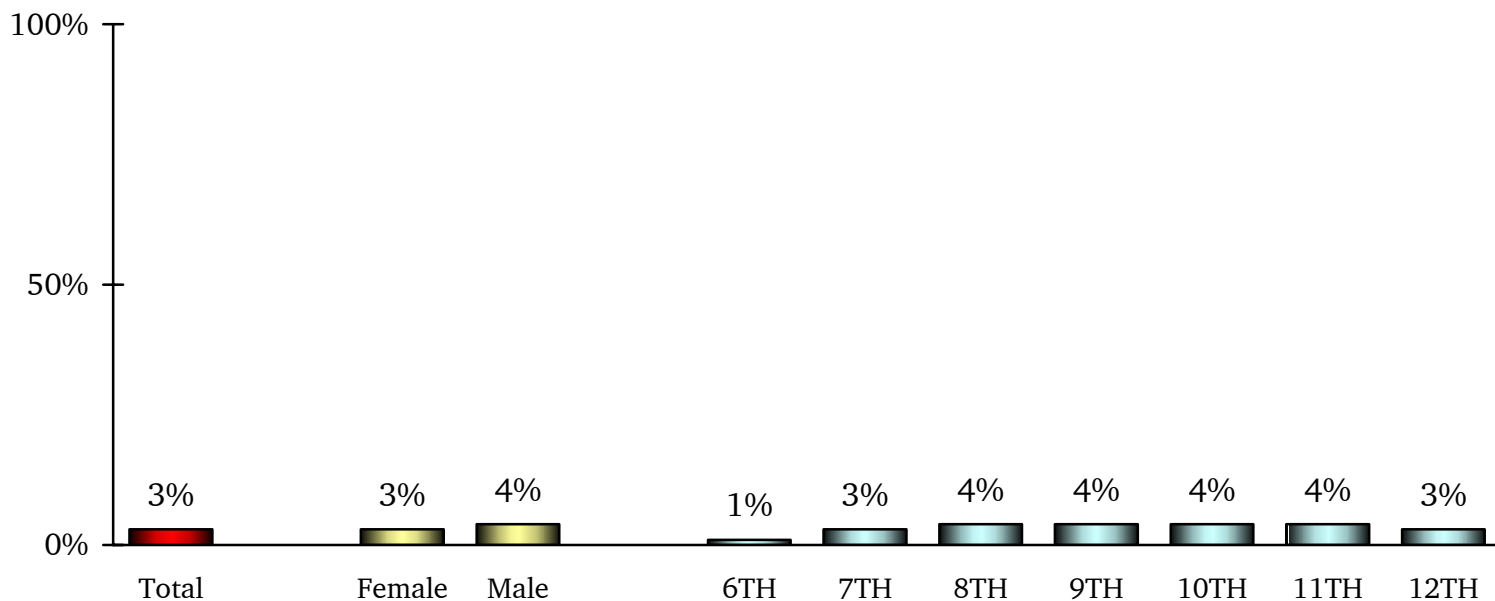


Percentage of students who actually attempted suicide one or more times during the past 12 months.



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Percentage of students who attempted suicide during the past 12 months resulting in injury, poisoning or overdose that had to be treated by a doctor or nurse.

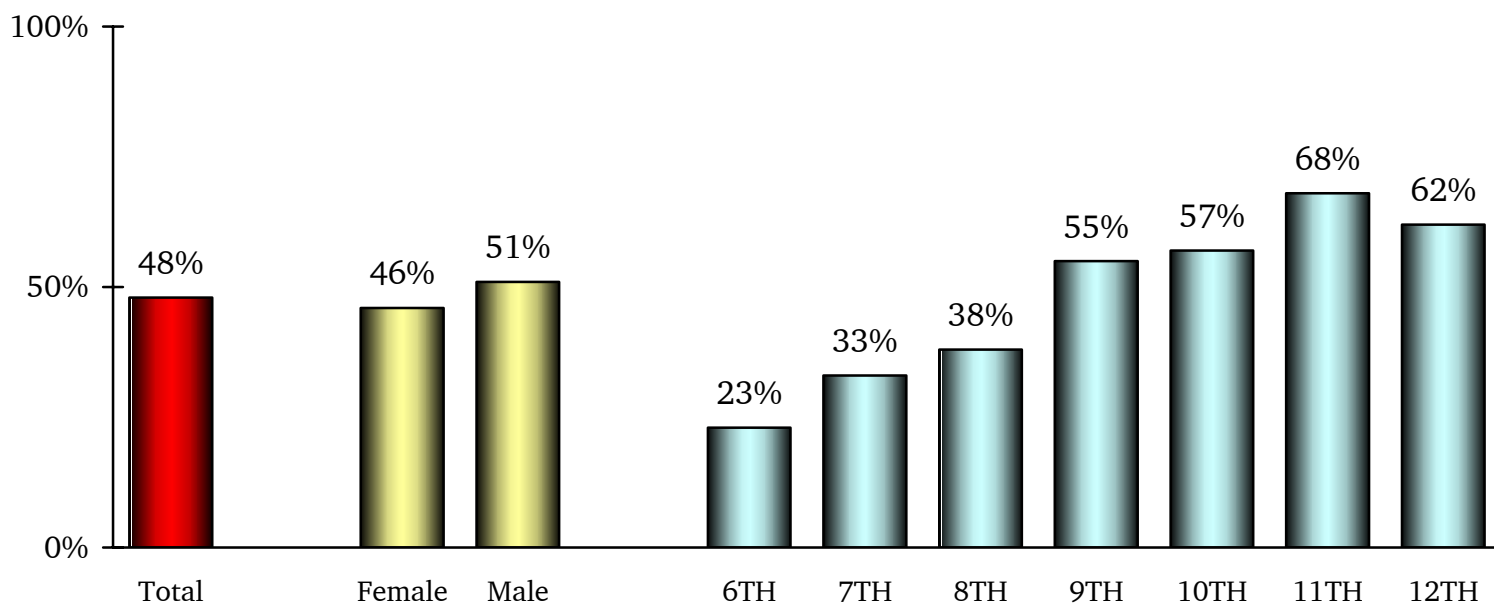


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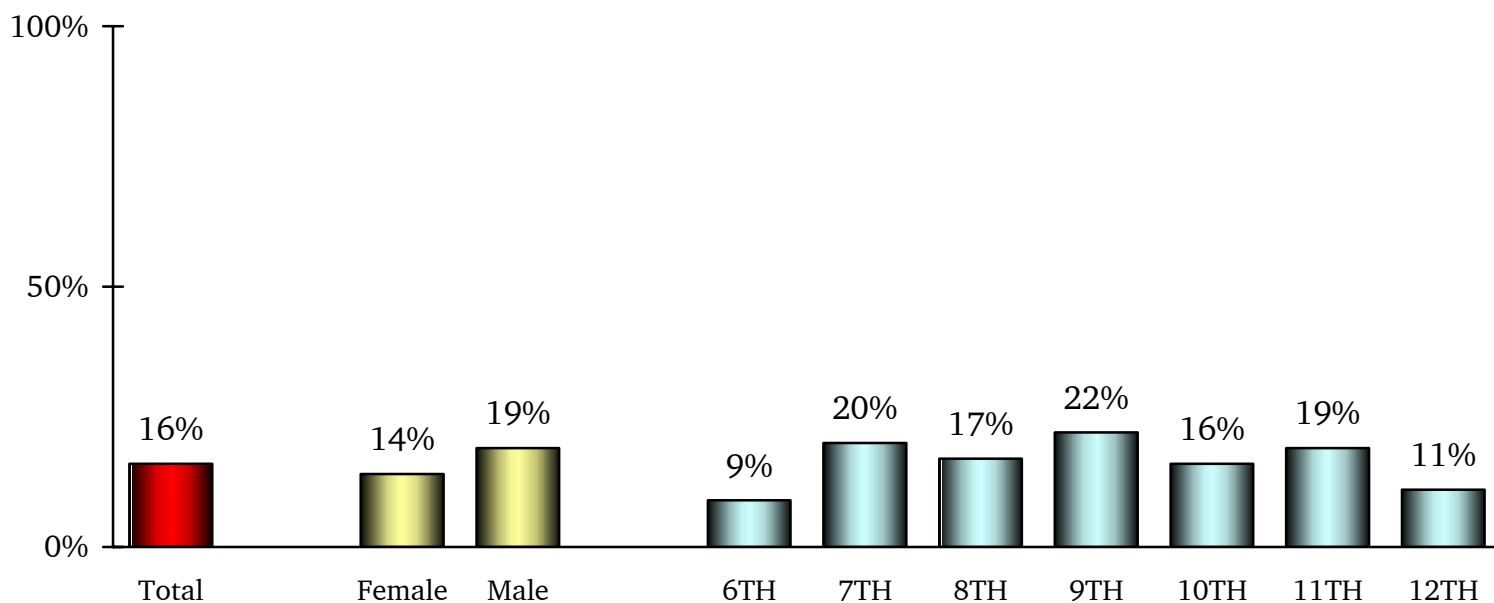
■ Tobacco Use – Cigarette Smoking

These questions measure smoking experimentation, current smoking patterns, age of initiation and attempt to quit smoking cigarettes.

Percentage of students who ever tried cigarette smoking, even one or two puffs.

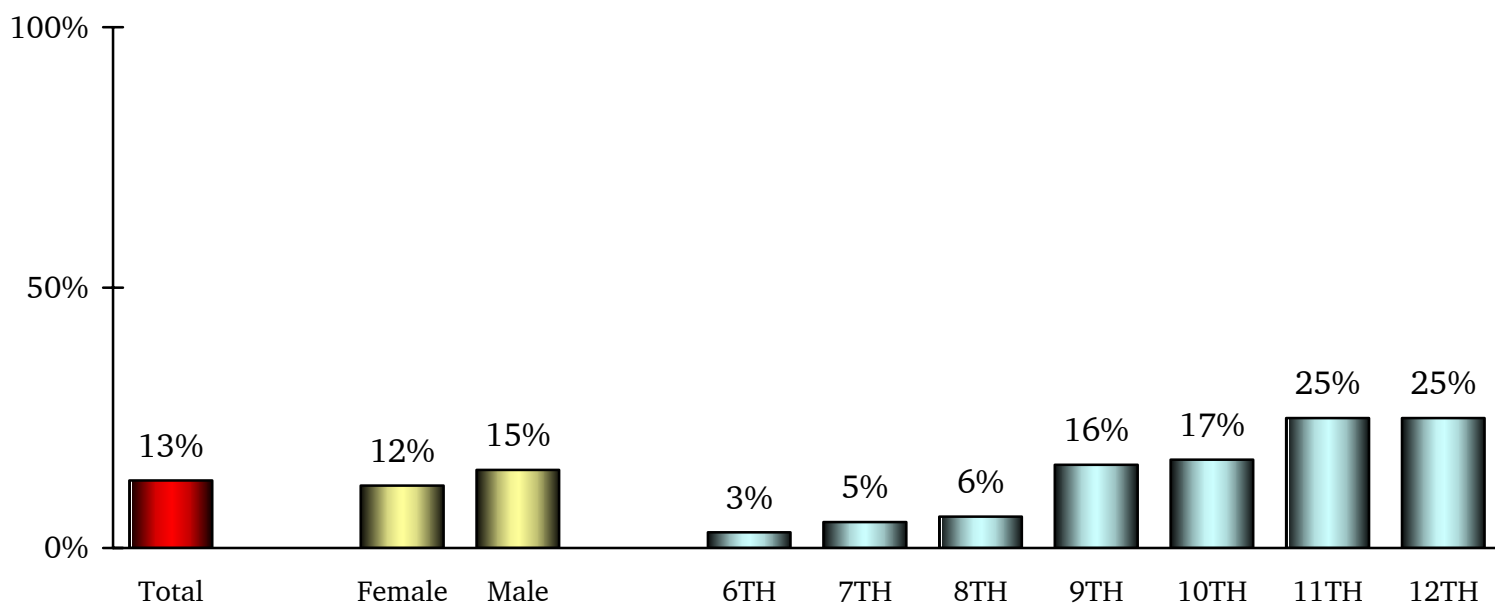


Percentage of students who smoked a whole cigarette for the first time before age 13.

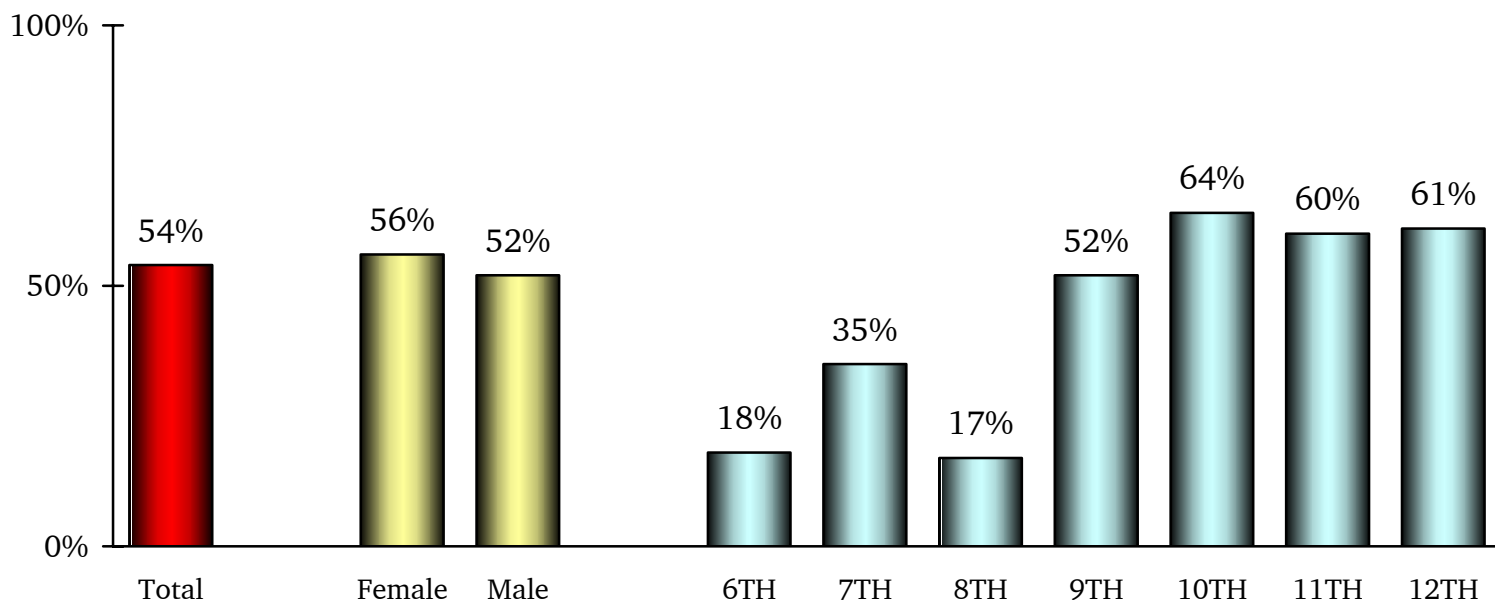


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Percentage of students who smoked cigarettes on one or more of the past 30 days.

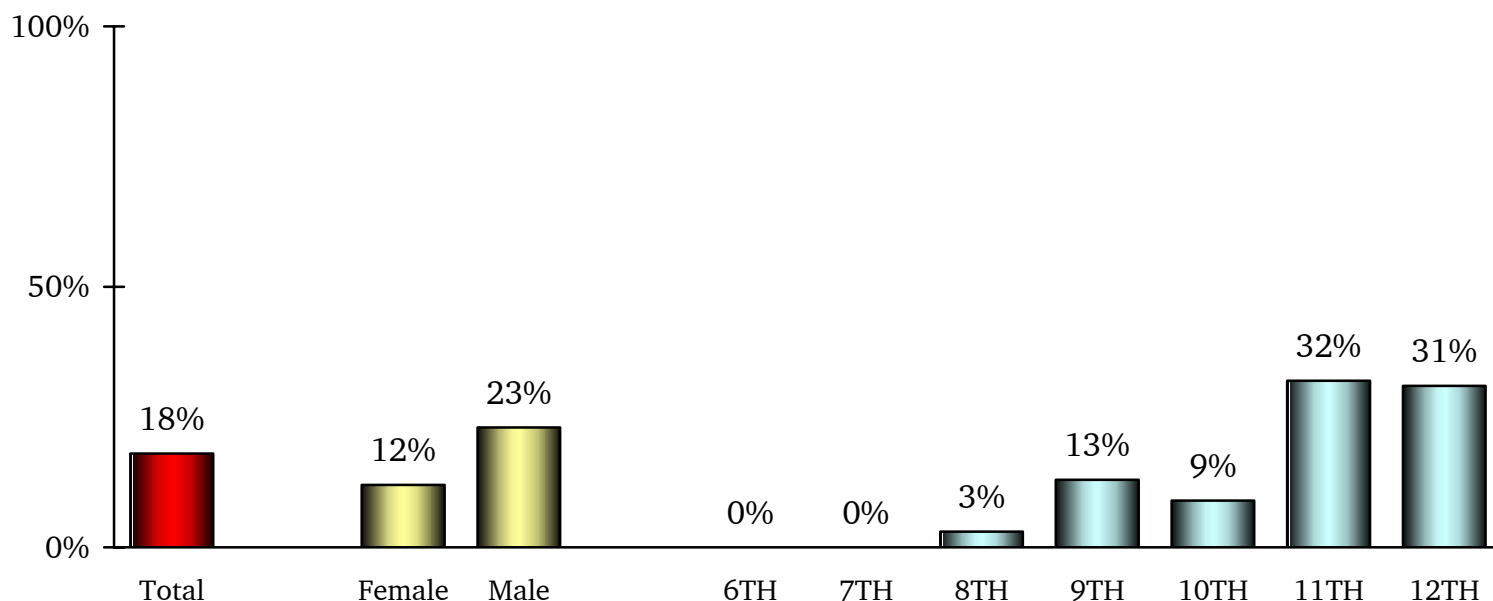


Of the students who smoked during the past 30 days, the percentage that smoked two or more cigarettes per day on the days they smoked.

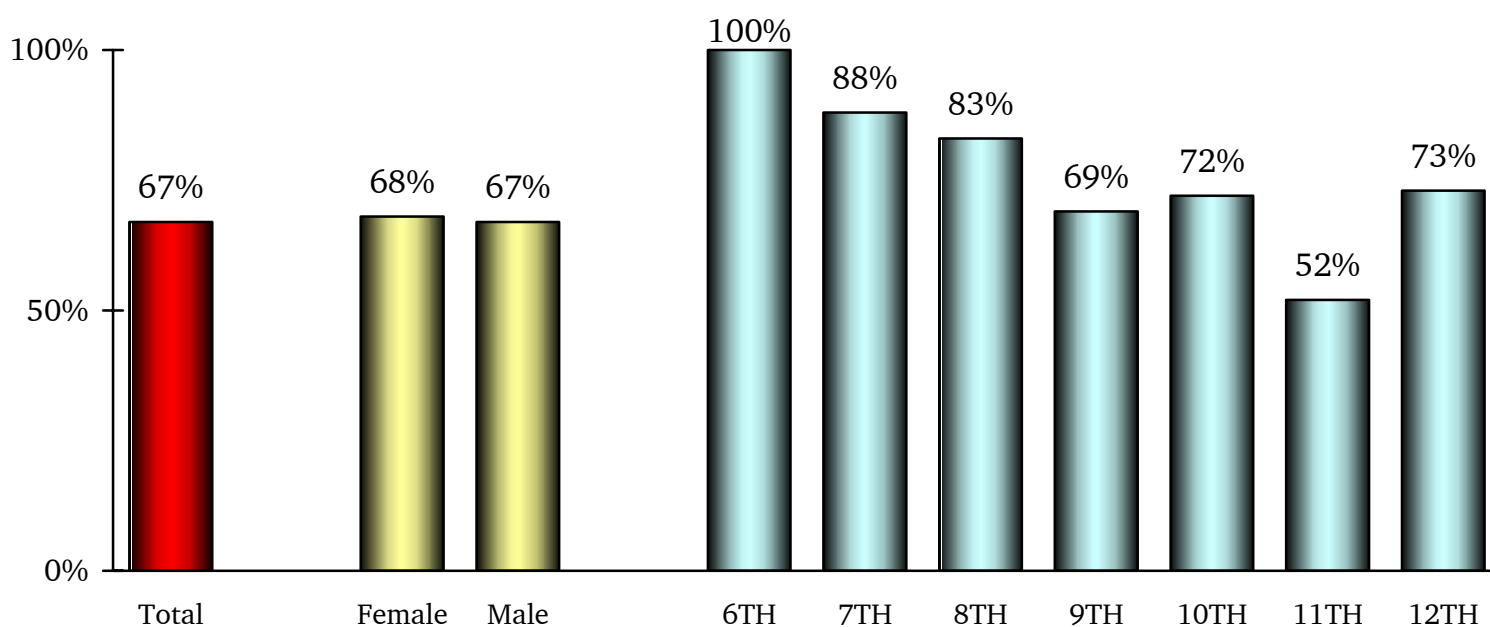


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Of students who smoked during the past 30 days, percentage who usually got their own cigarettes by buying them in a store or gas station during the past 30 days.



Of the students who have smoked regularly, the percentage who ever tried to quit smoking cigarettes.

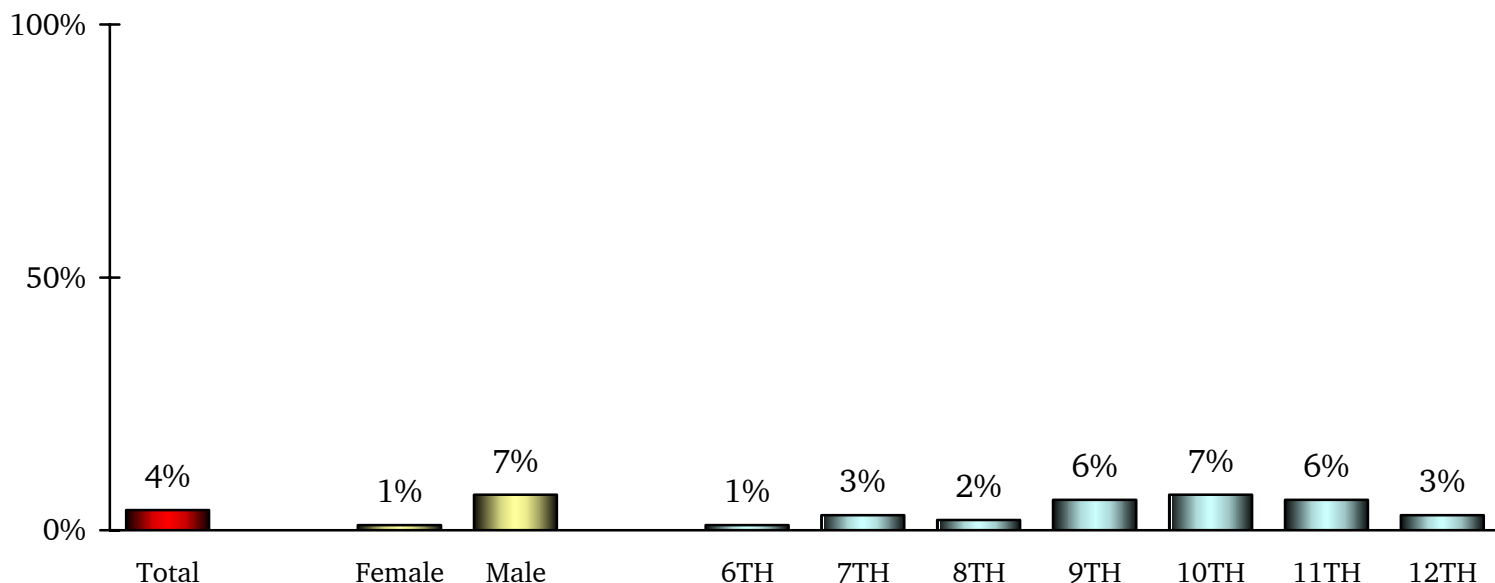


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■ Tobacco Use – Smokeless Tobacco

This question measures smokeless tobacco use.

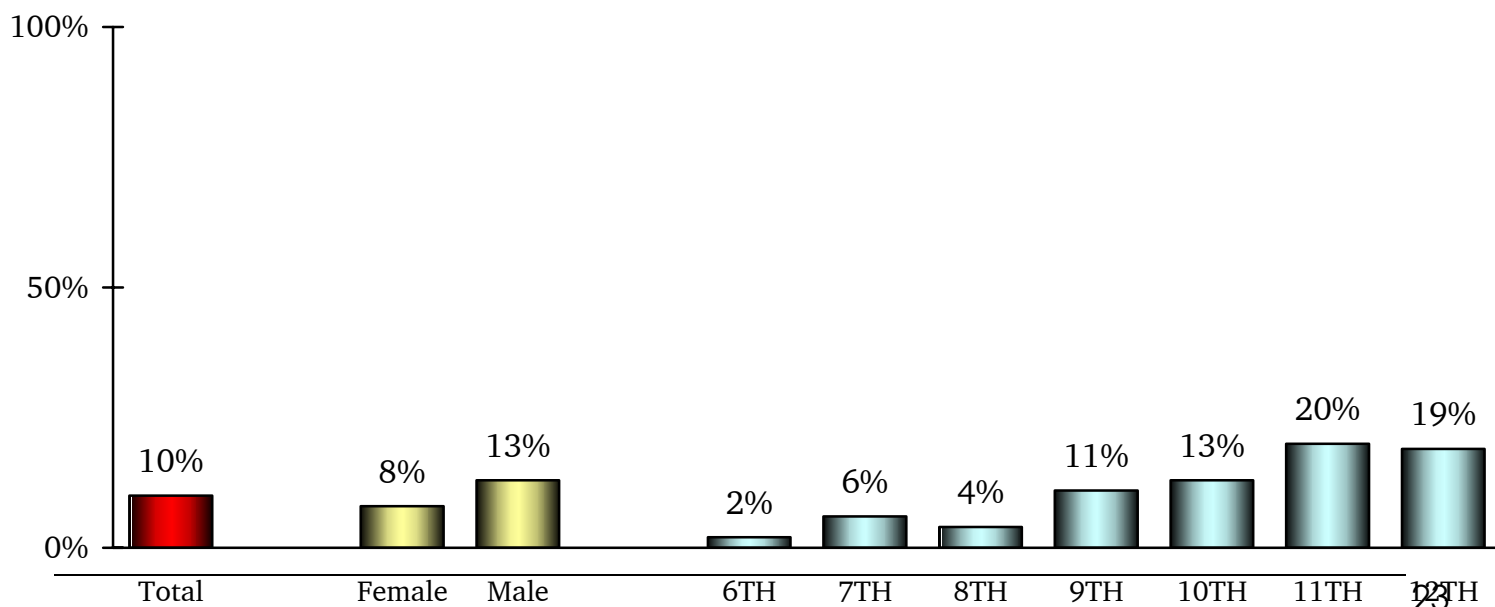
Percentage of students who used chewing tobacco or snuff on one or more of the past 30 days.



■ Tobacco Use – Cigar

This question measures cigar smoking.

Percentage of students who smoked cigars, cigarillos, or little cigars during the past 30 days.

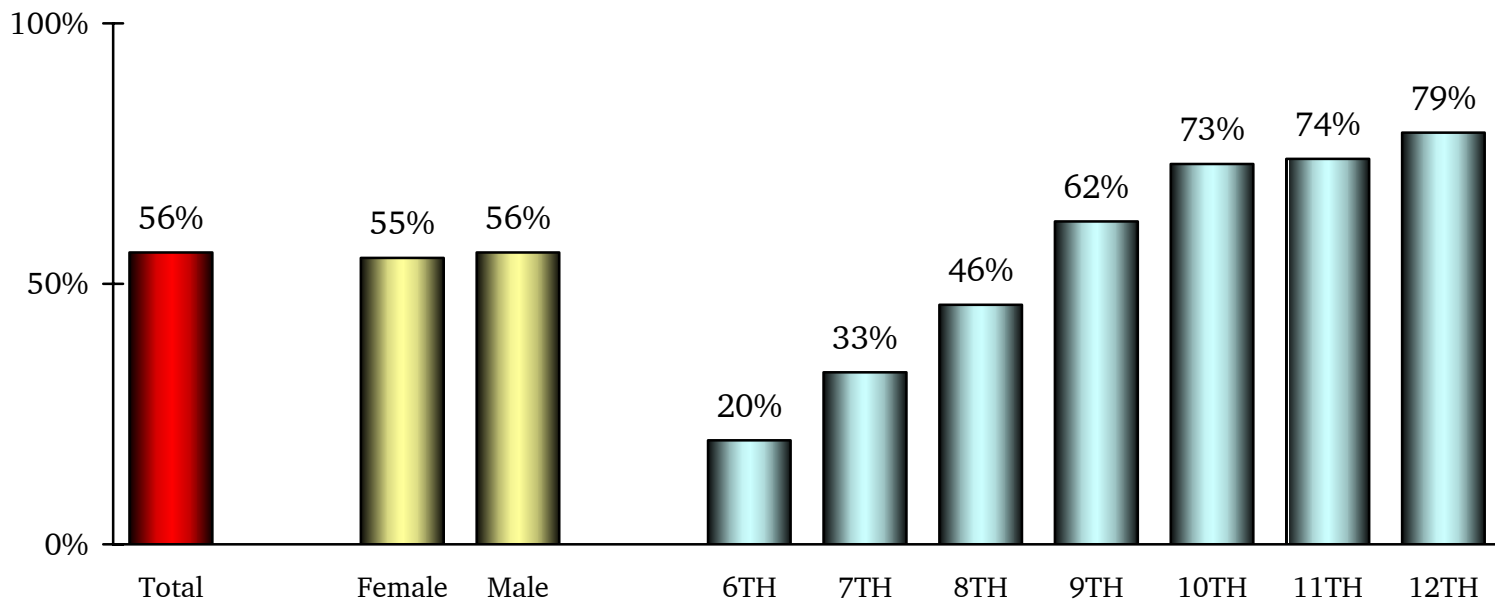


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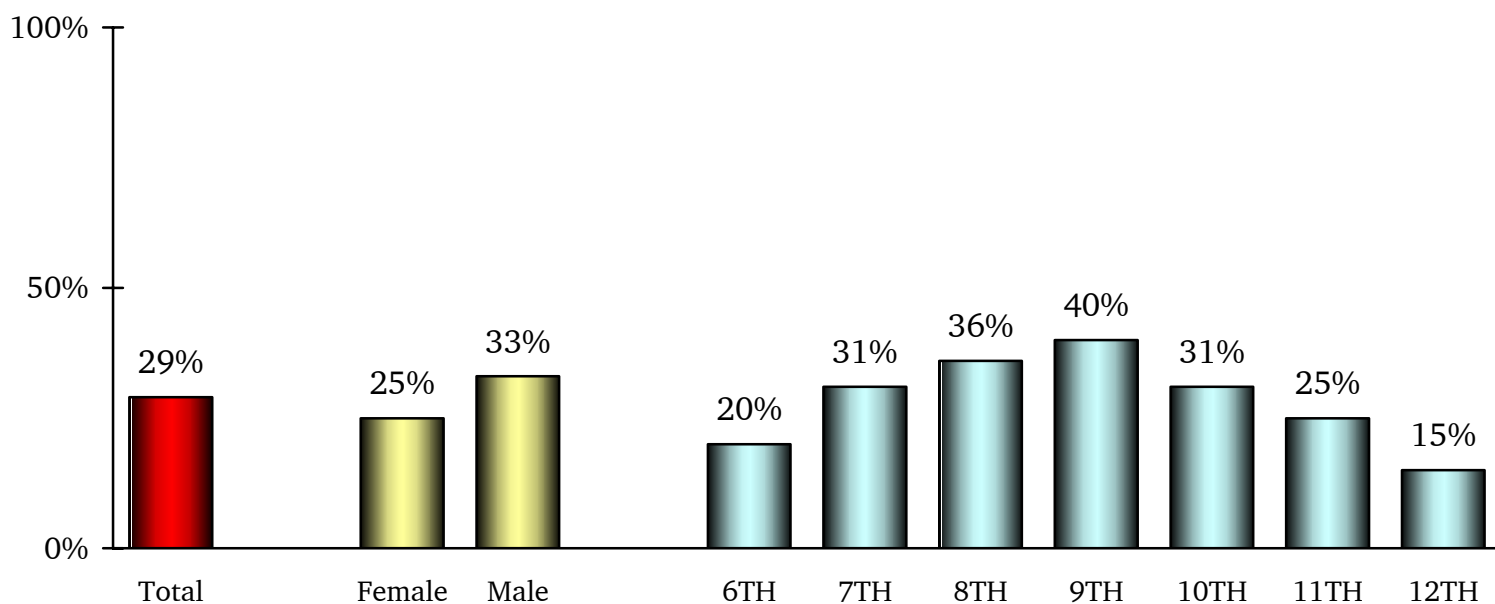
■ Alcohol Use

These questions measure frequency of alcohol use, age of initiation of drinking, and heavy drinking.

Percentage of students who had at least one drink of alcohol on one or more days during their life.

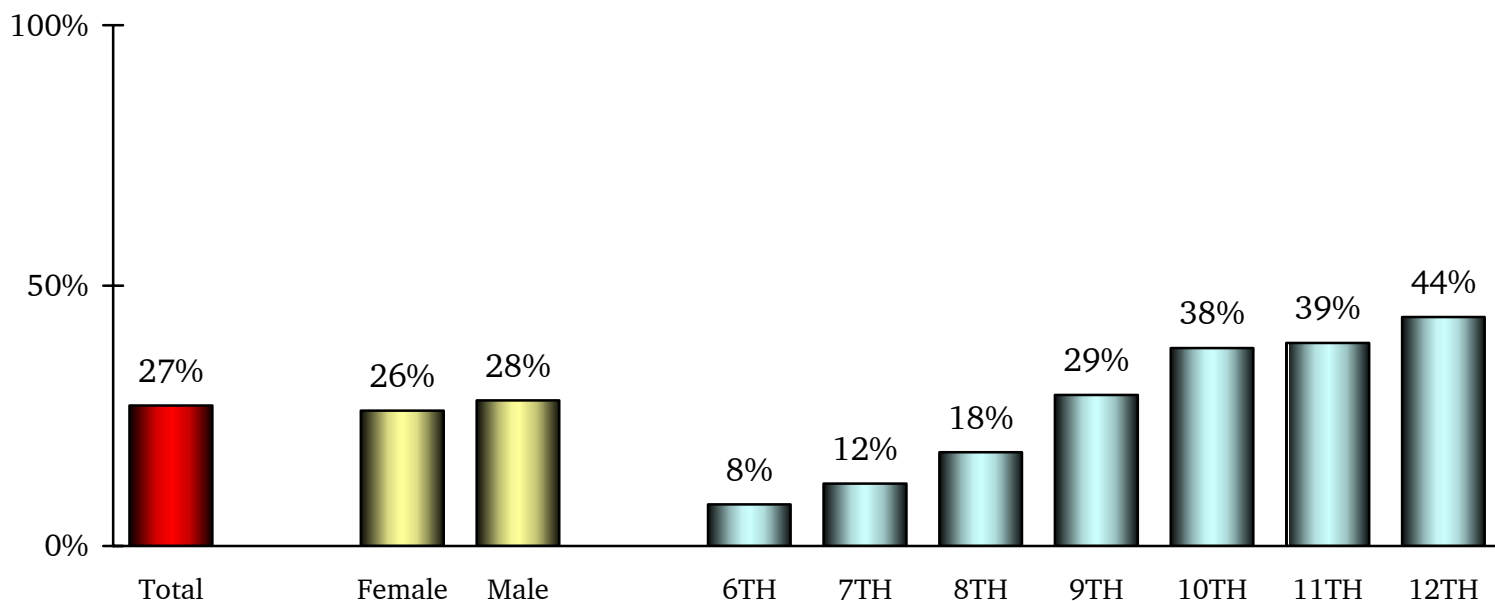


Percentage of students who had their first drink of alcohol other than a few sips before age 13.

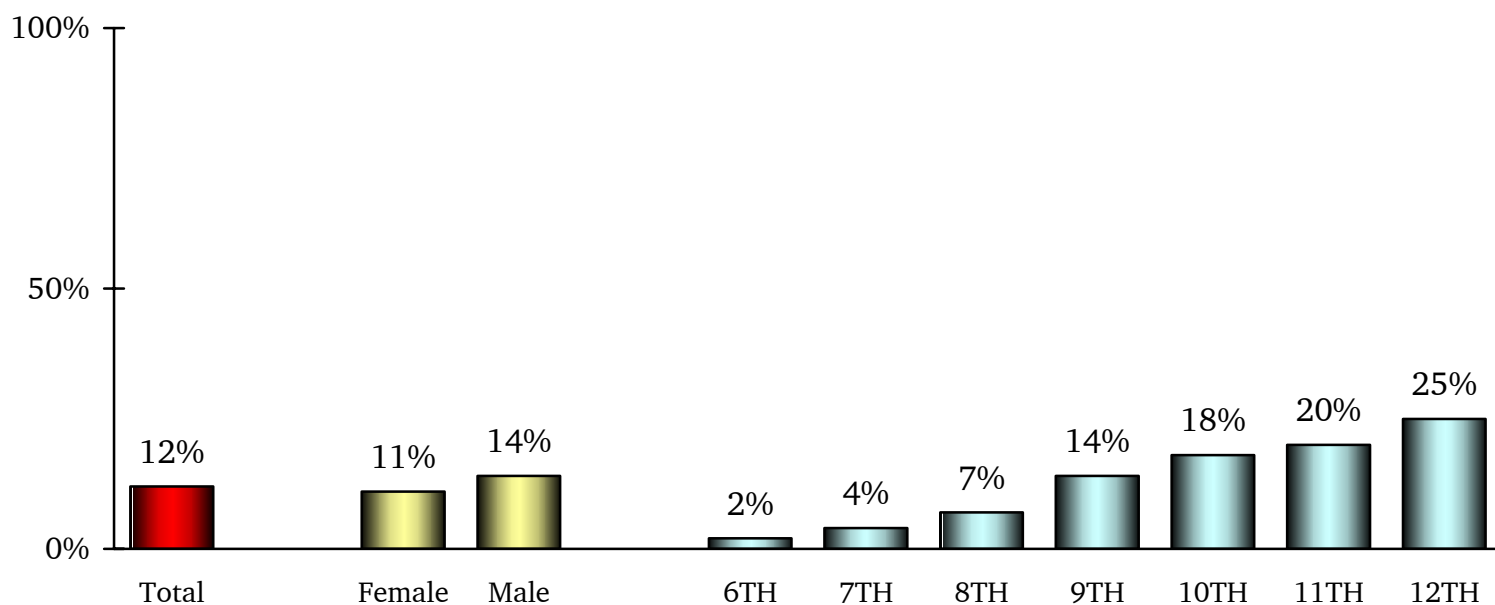


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Percentage of students who had at least one drink of alcohol on one or more of the past 30 days.



Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days.

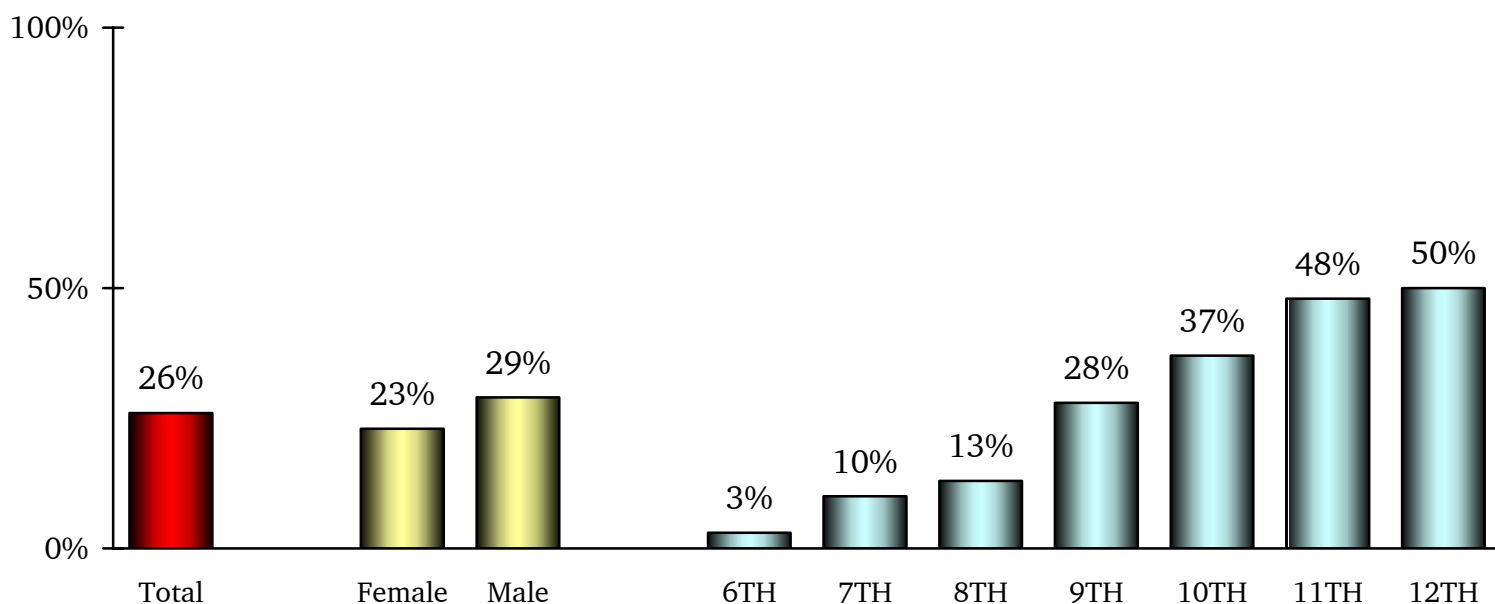


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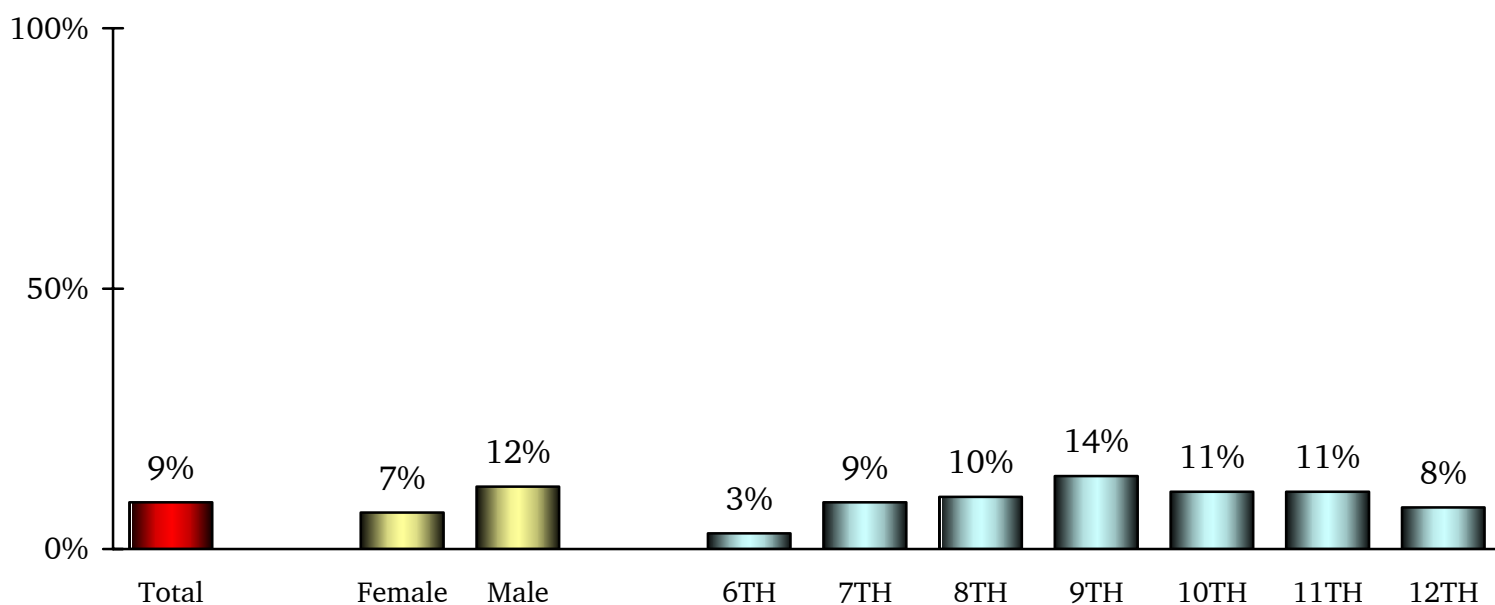
■ Drug Use

These questions measure the frequency of illegal drug use.

Percentage of students who used marijuana one or more times during their life.

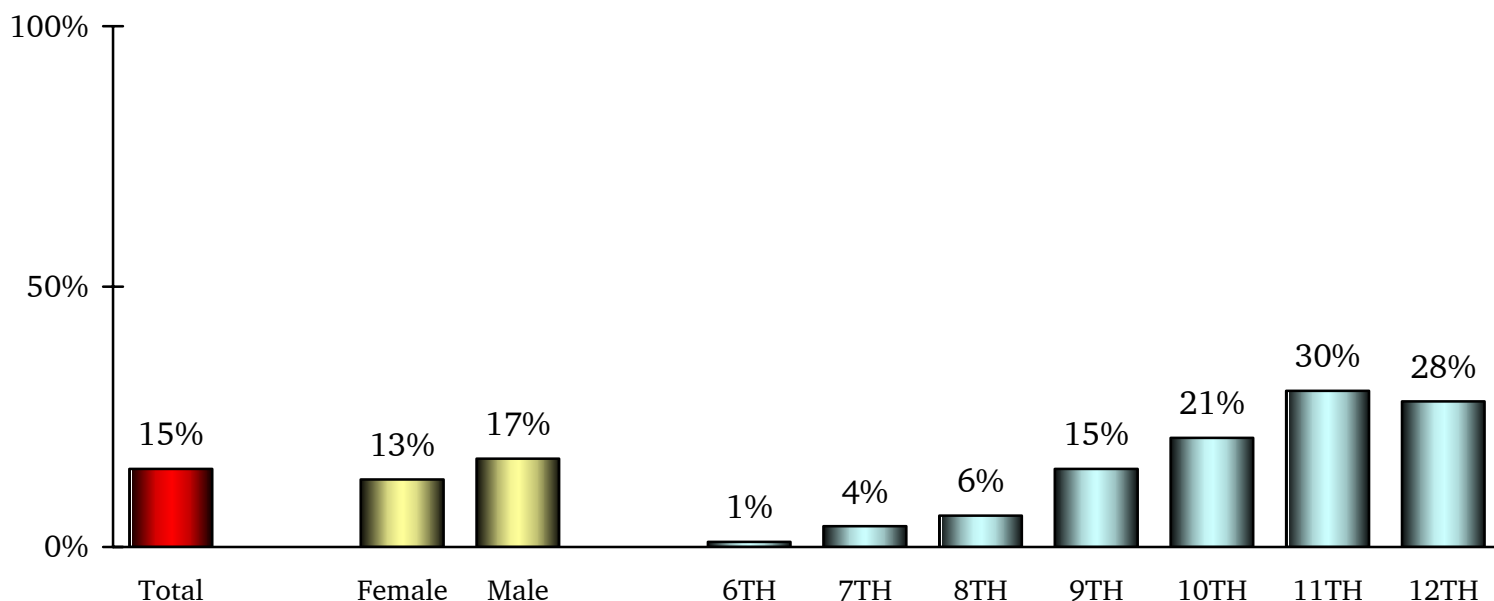


Percentage of students who tried marijuana for the first time before age 13.

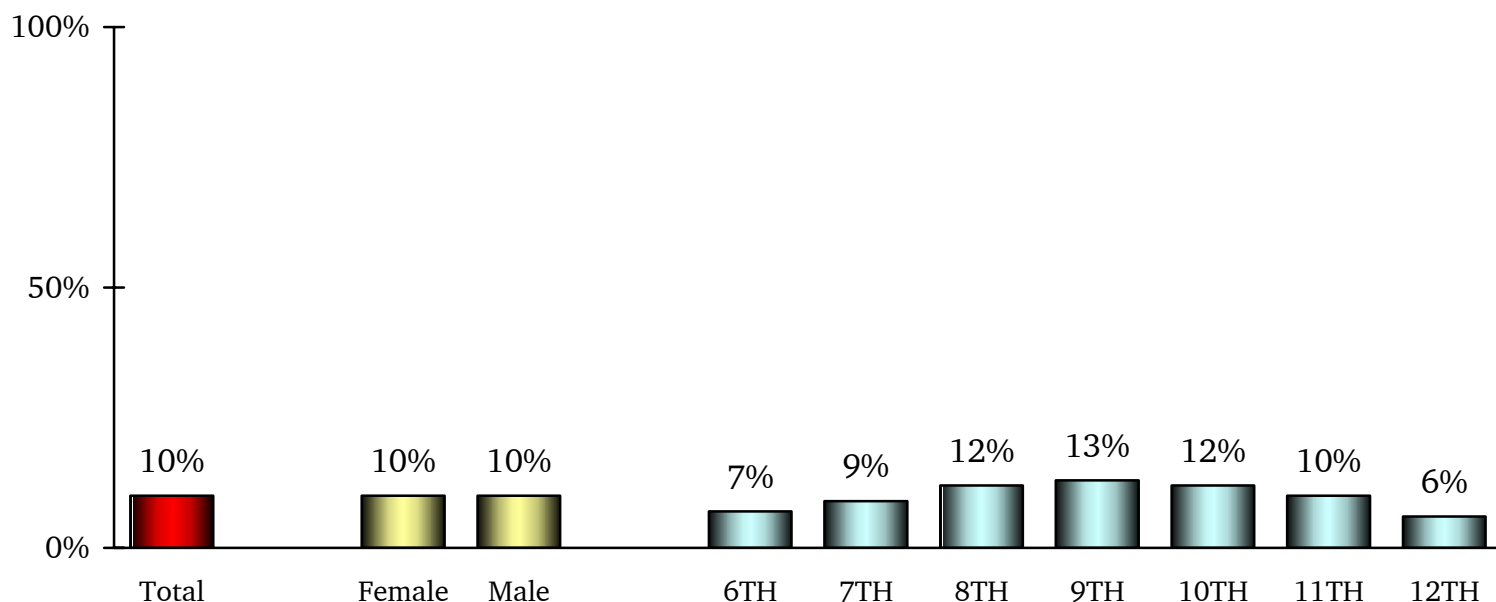


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Percentage of students who used marijuana one or more times during the past 30 days.

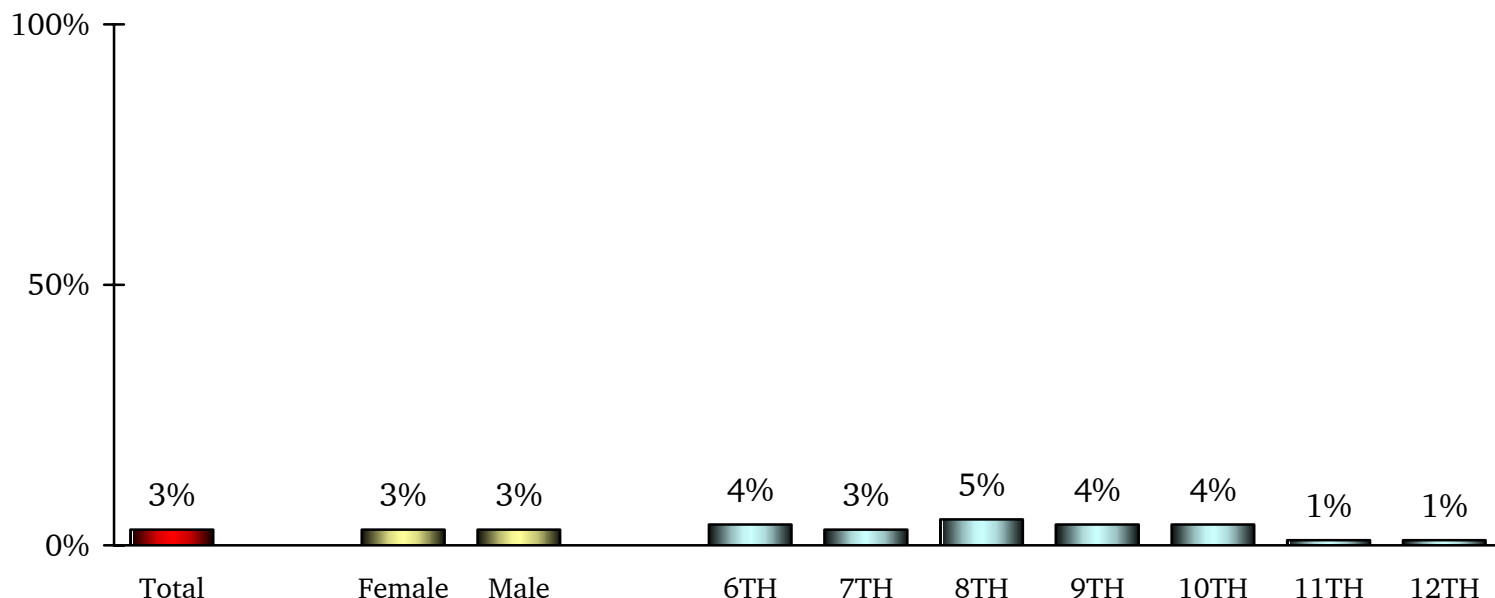


Percentage of students, who sniffed glue, breathed the contents of aerosol spray cans or inhaled any paints or sprays to get high during their life.

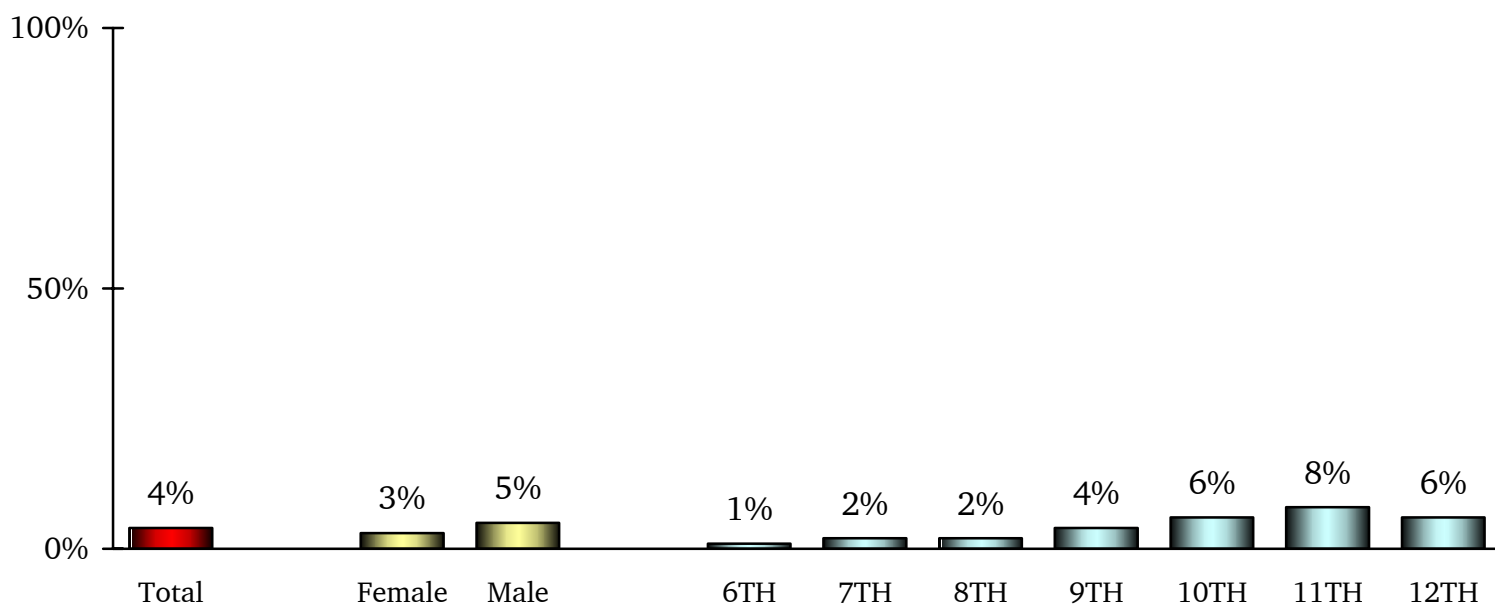


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Percentage of students, who sniffed glue, breathed the contents of aerosol spray cans or inhaled any paints or sprays to get high during the past 30 days.

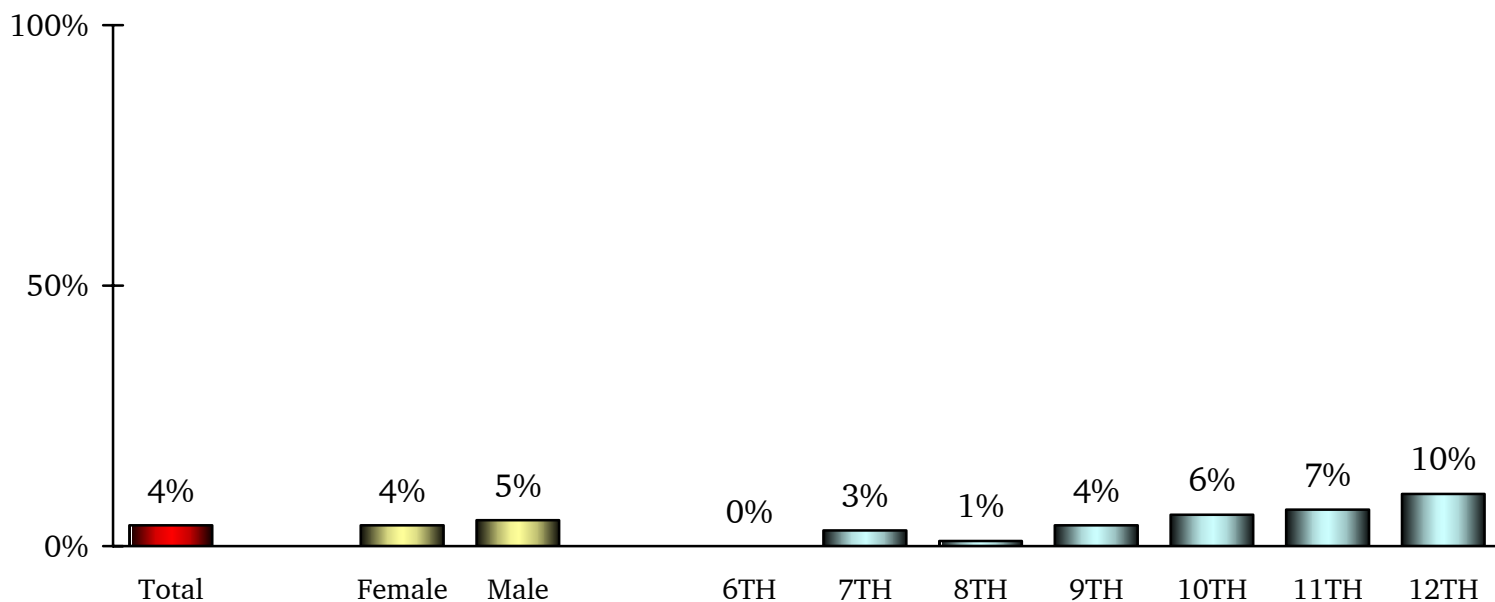


Percentage of students who used methamphetamines one or more times during their life.

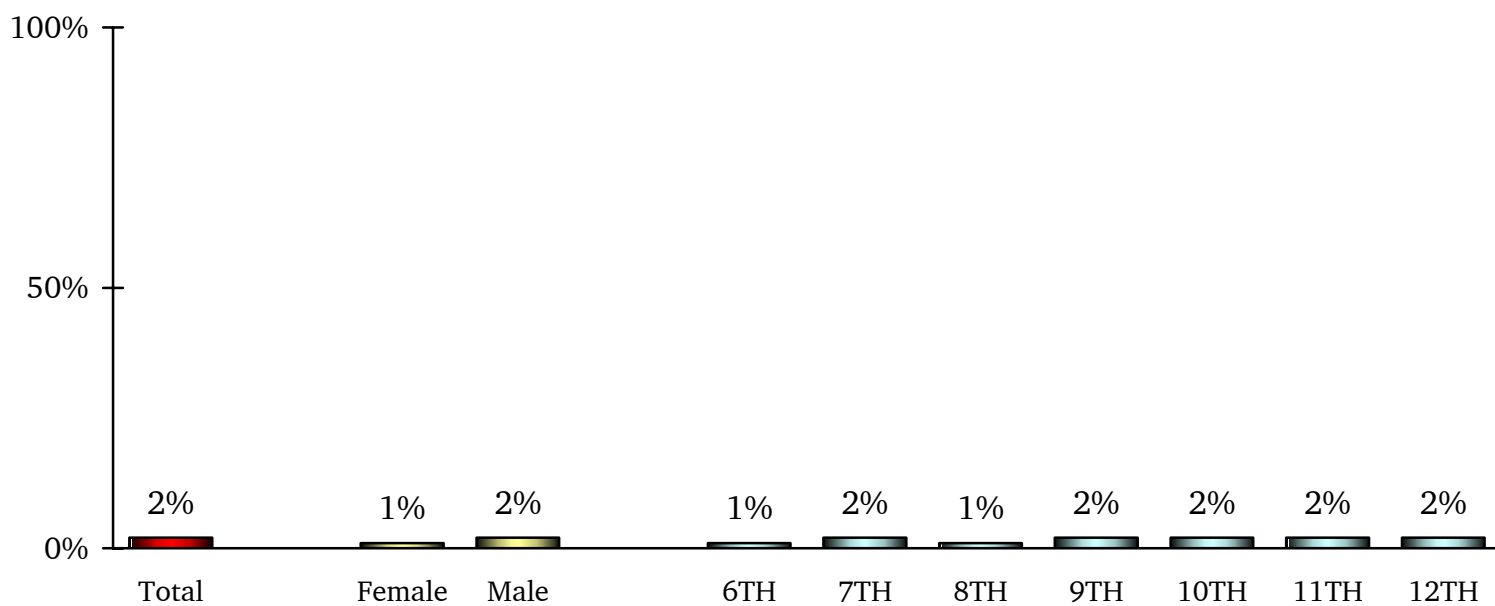


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Percentage of students who used ecstasy one or more times during their life.

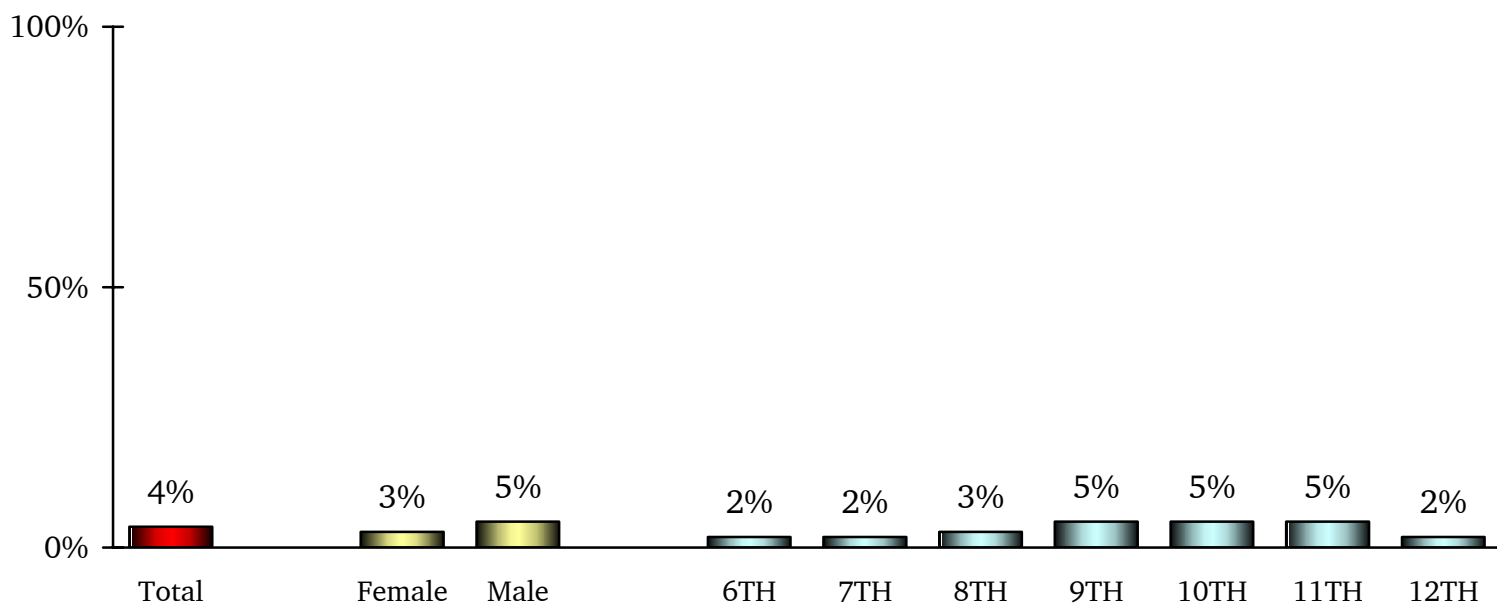


Percentage of students who used heroin one or more times during their life.



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Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life.

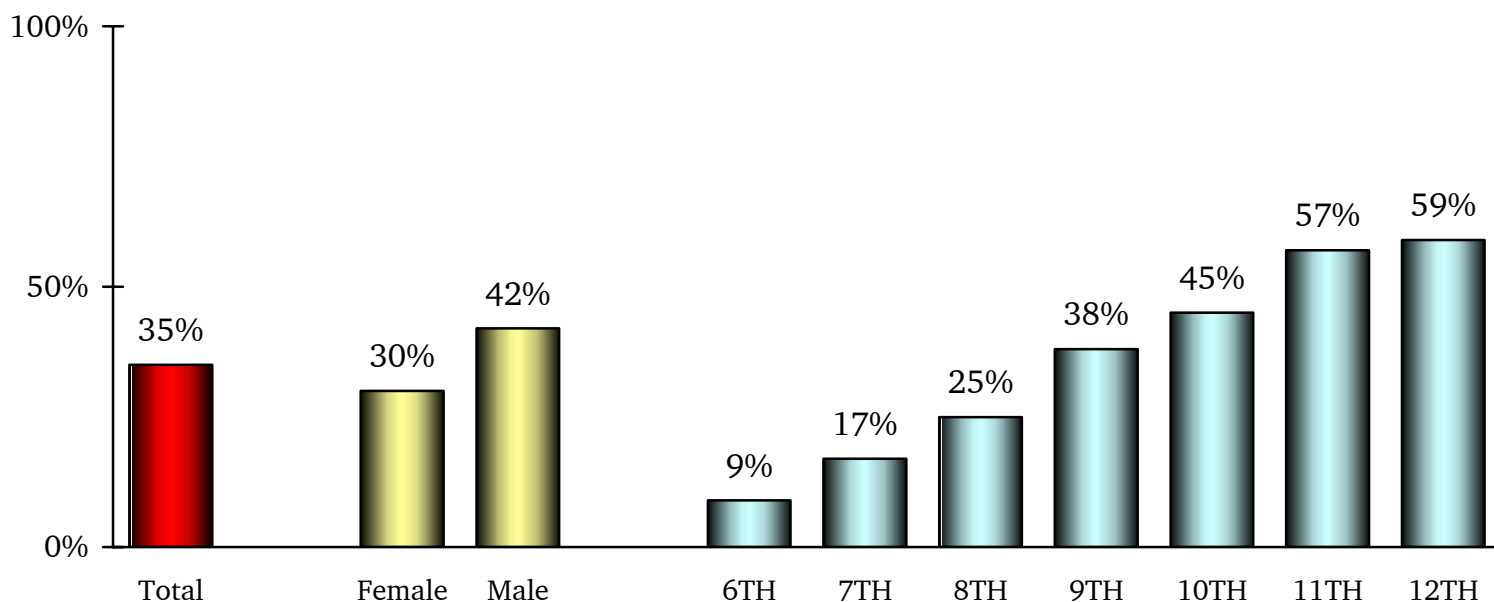


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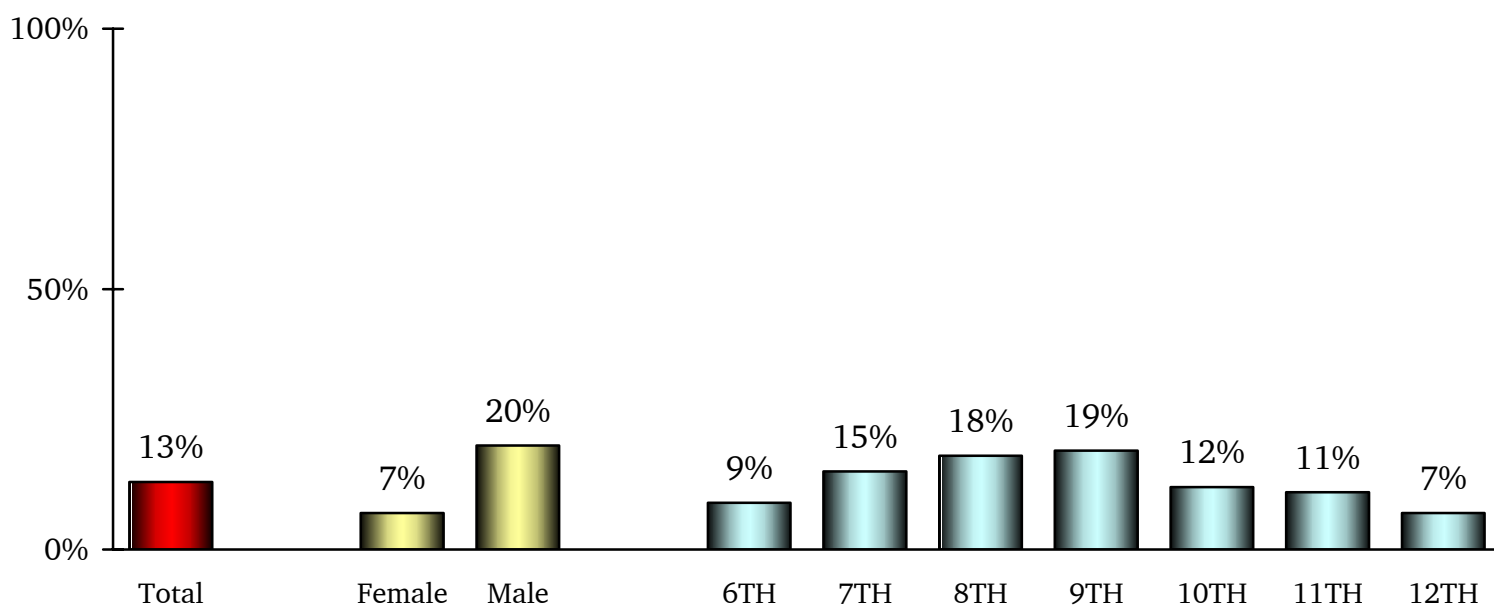
■ Sexual Activity

These questions measure the prevalence of sexual activity, number of sexual partners, age of first intercourse and alcohol and drug use related to sexual activity.

Percentage of students who have had sexual intercourse.

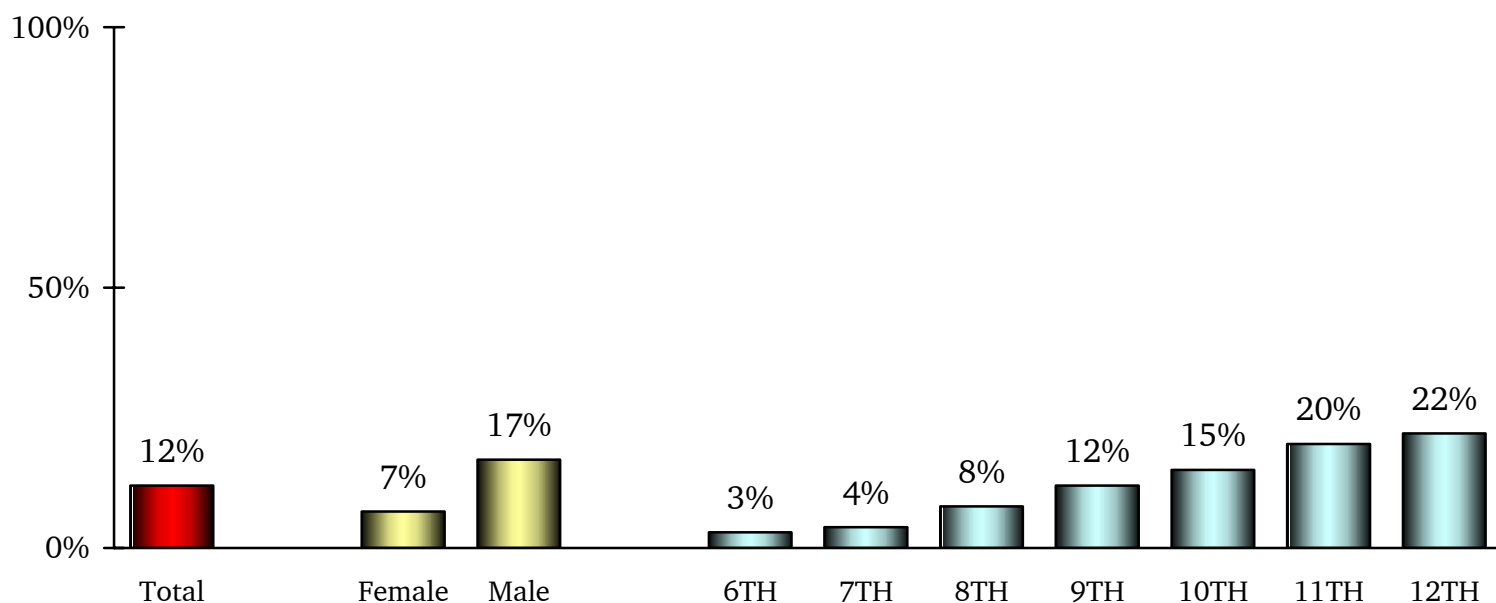


Percentage of students who had sexual intercourse for the first time before age 13.

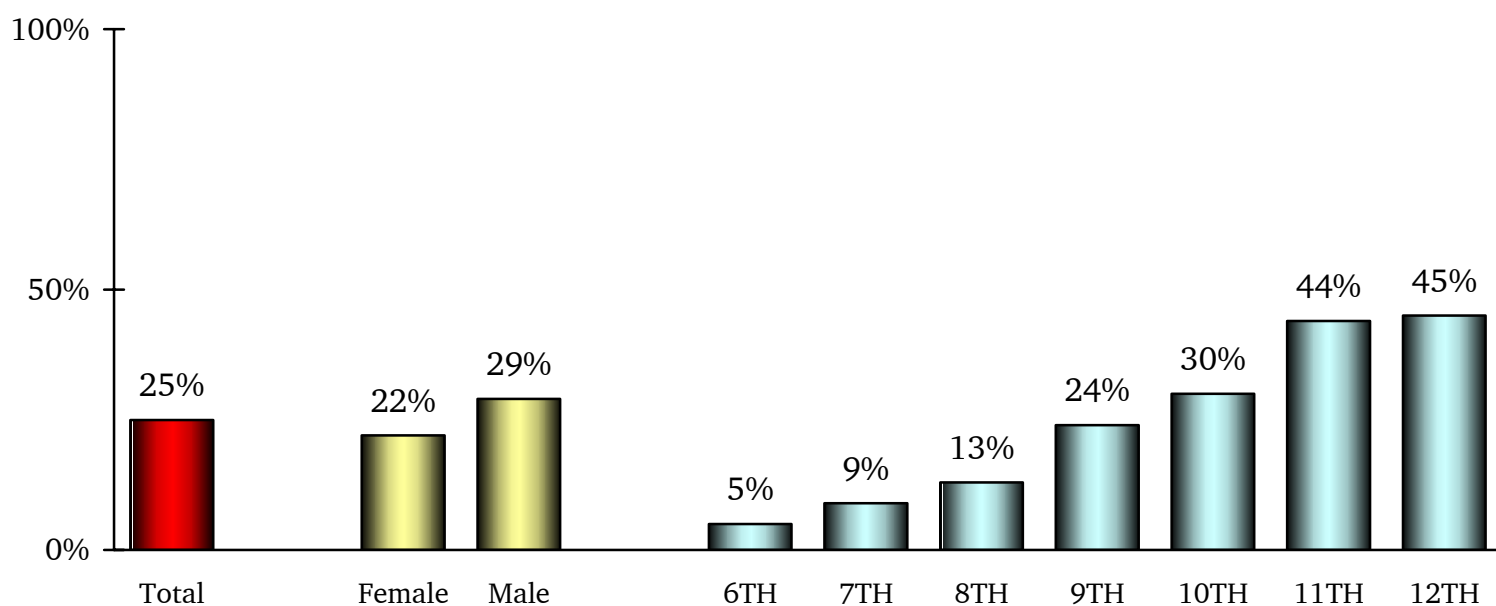


2003-2004 North Little Rock Youth Health Survey

Percentage of students who had sexual intercourse with four or more people during their life.

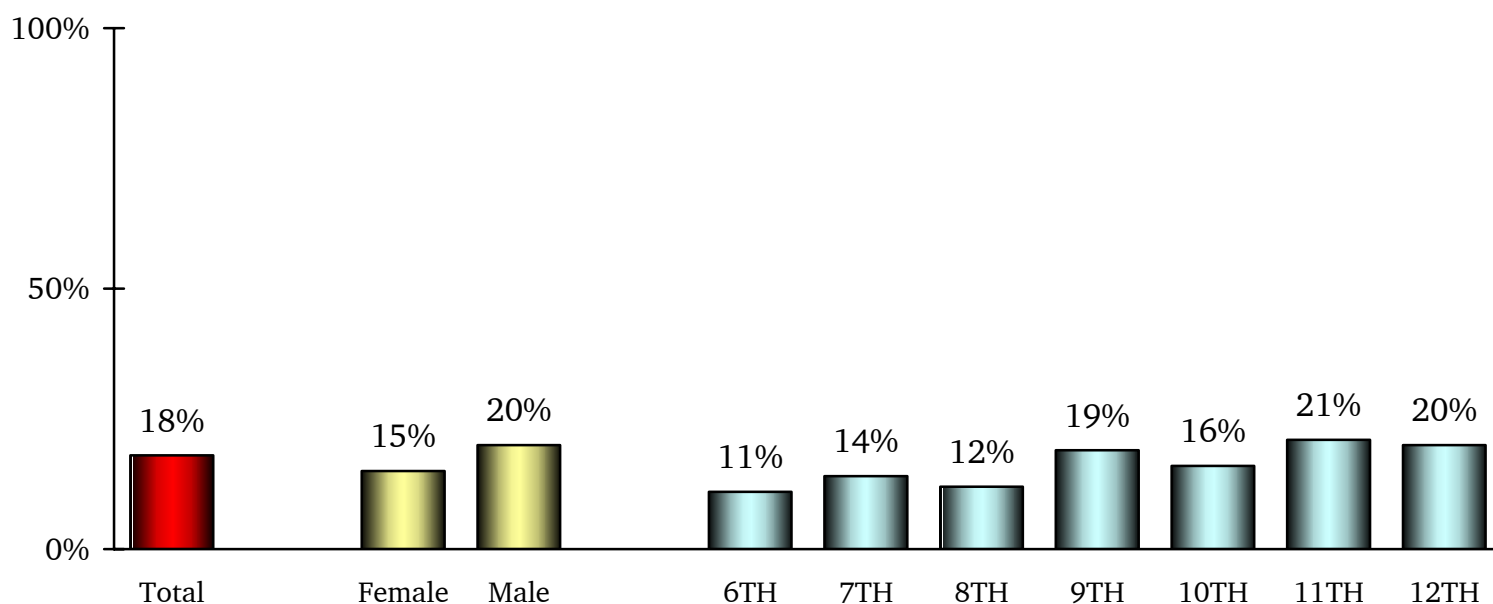


Percentage of students who had sexual intercourse during the past three months.



2003-2004 North Little Rock Youth Health Survey

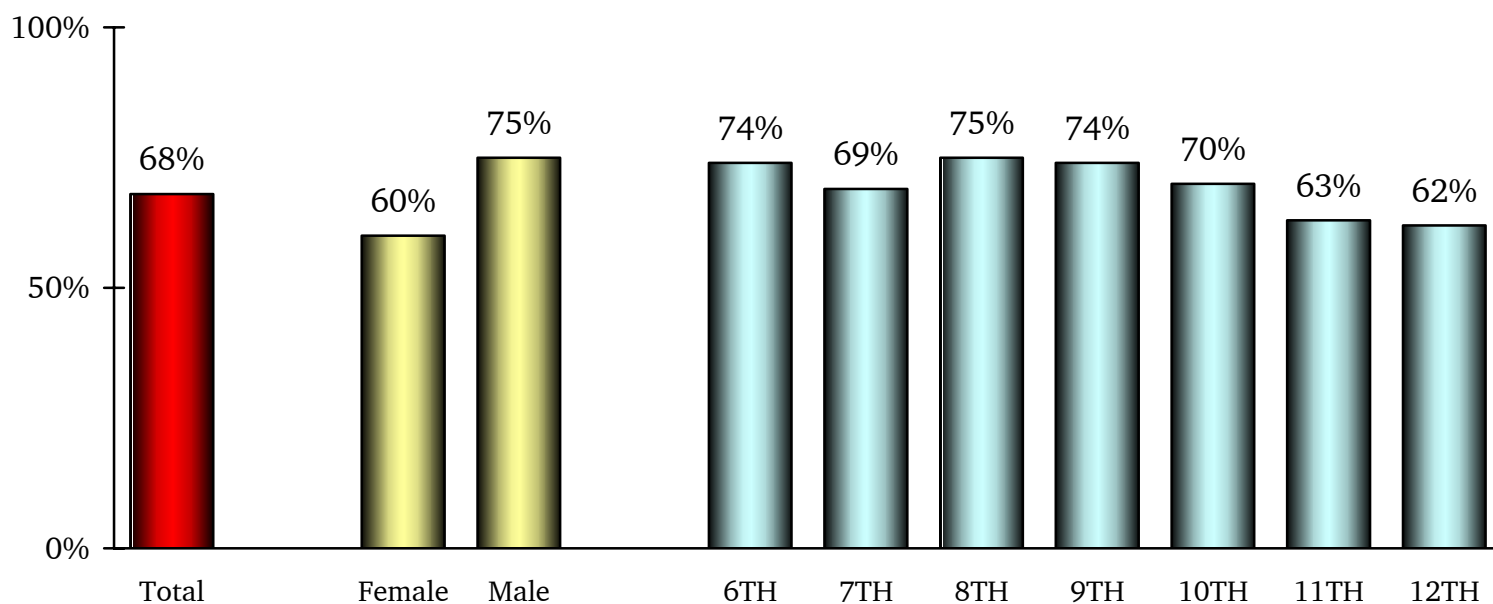
Of those who had sexual intercourse, the percentage that drank alcohol or used drugs before last sexual intercourse.



■ Contraception

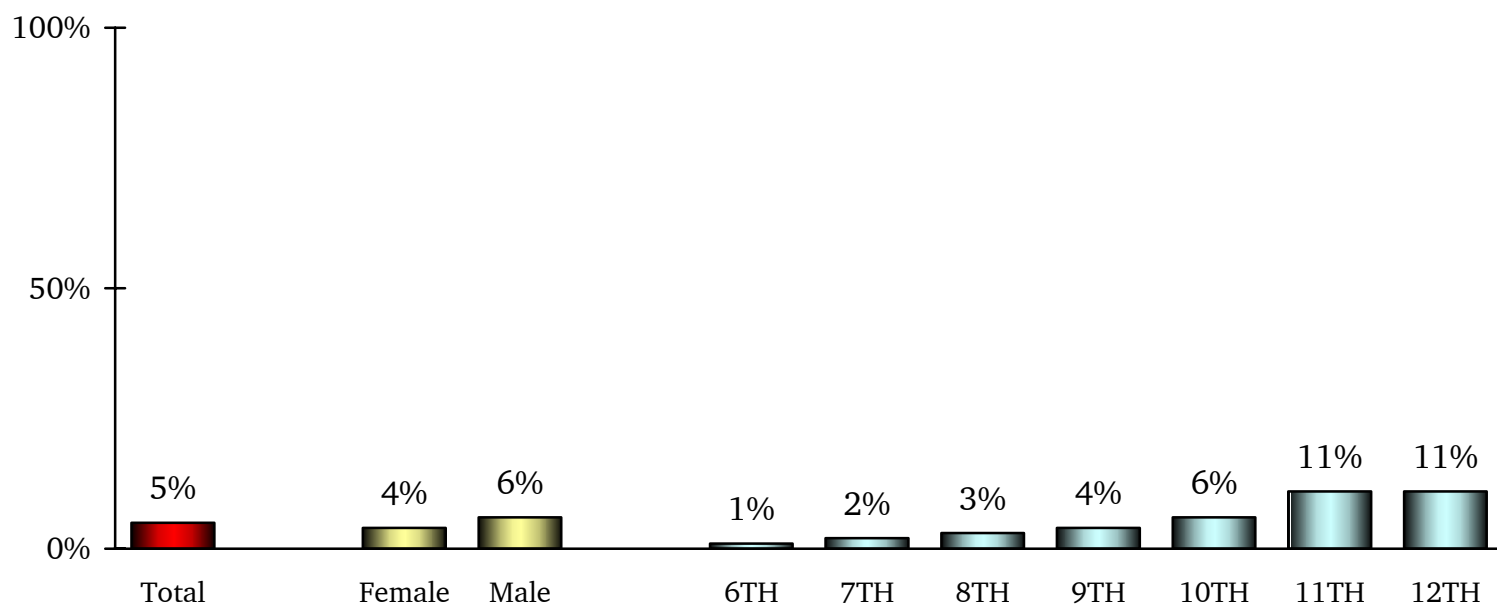
These questions measure use of contraception and identify whether a student has been pregnant or gotten someone pregnant.

Of students who had sexual intercourse, the percentage who used a condom during the last sexual intercourse.



2003-2004 North Little Rock Youth Health Survey

Percentage of students who had been or gotten someone pregnant one or more times.

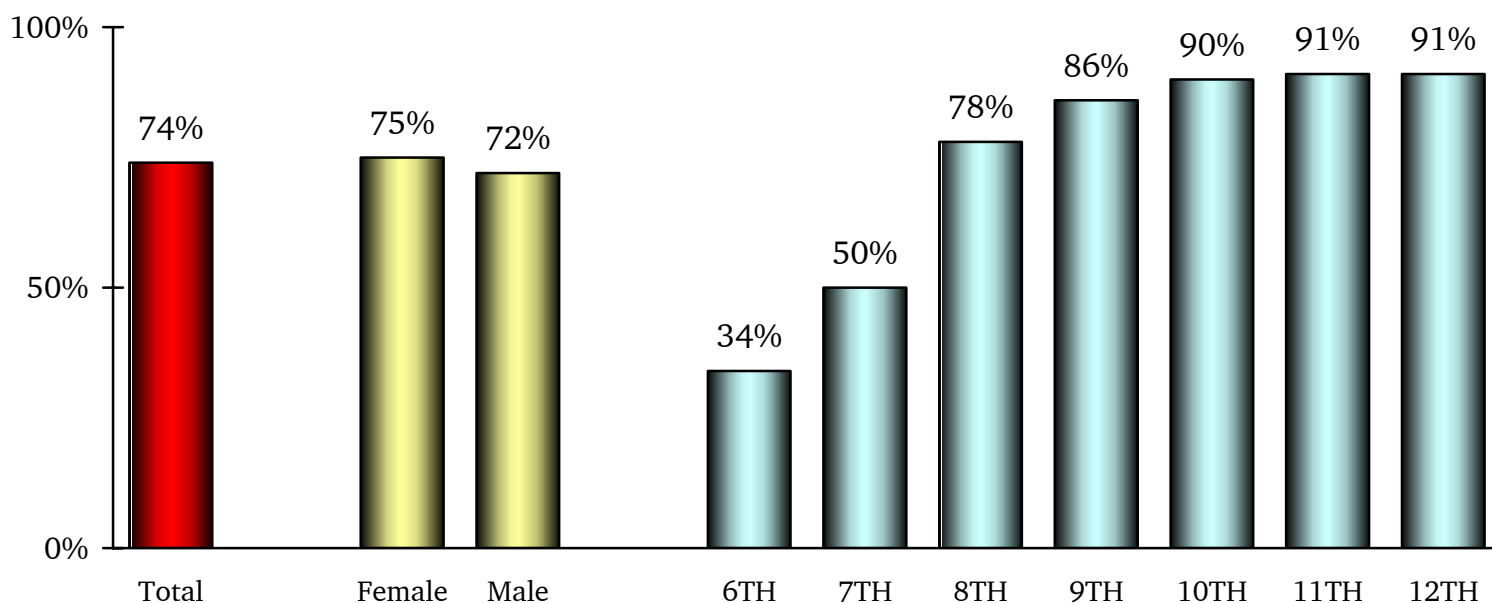


2003-2004 North Little Rock Youth Health Survey

■ AIDS, HIV, & STDs

This question measures whether students have received HIV information at school.

Percentage of students who were ever taught about AIDS or HIV infection in school.

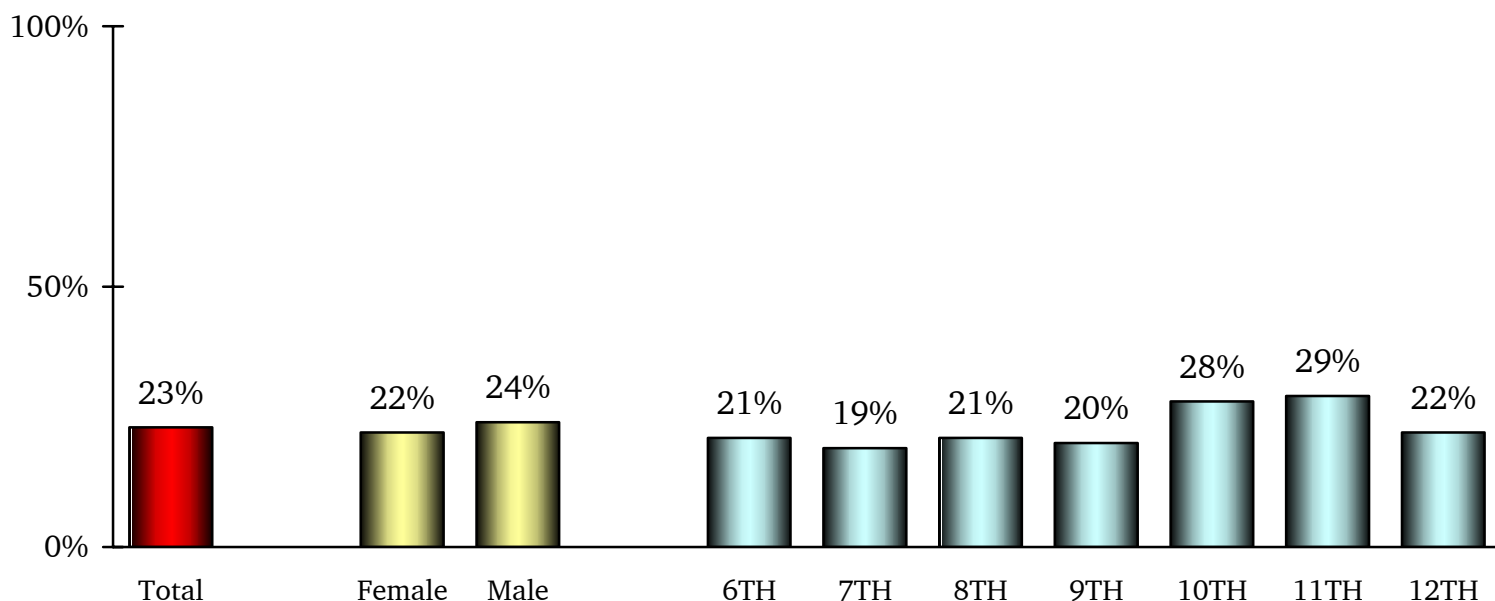


2003-2004 North Little Rock Youth Health Survey

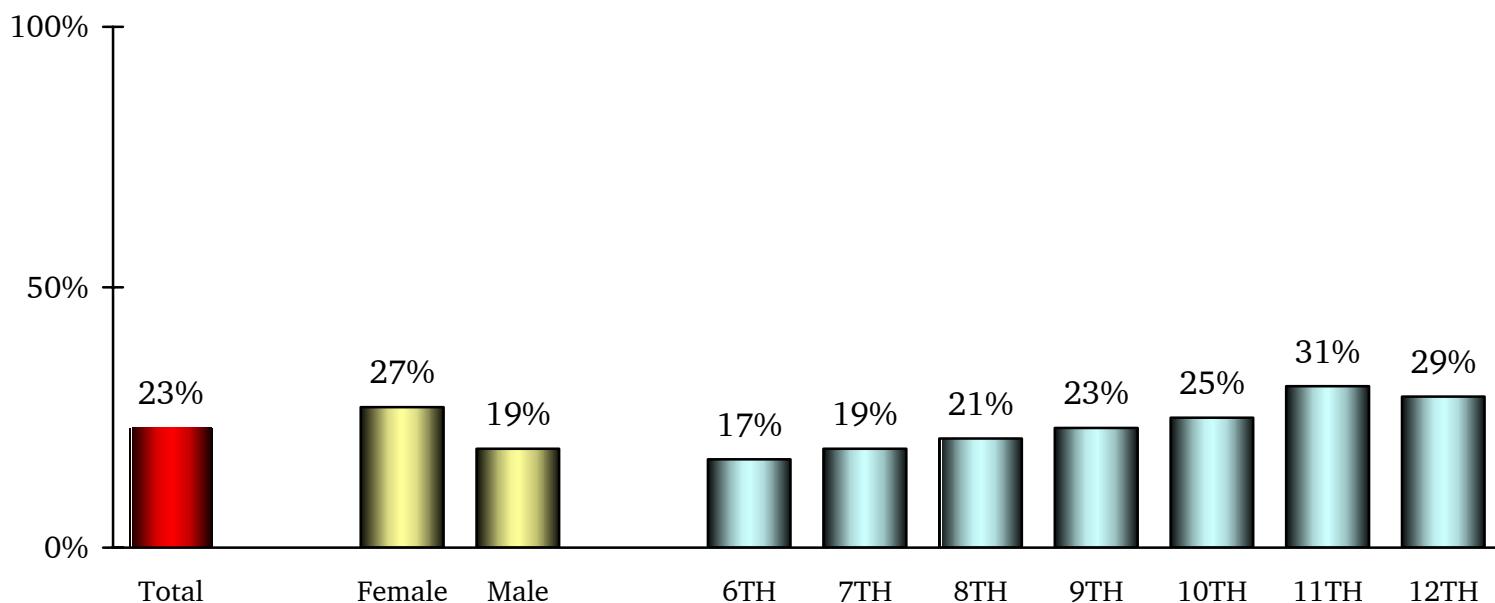
■ Obesity

These questions measure self-perception of and efforts to modify body weight, including behaviors that may lead to eating disorders and other health problems.

Percentage of students who are overweight, as calculated by Body Mass Index.

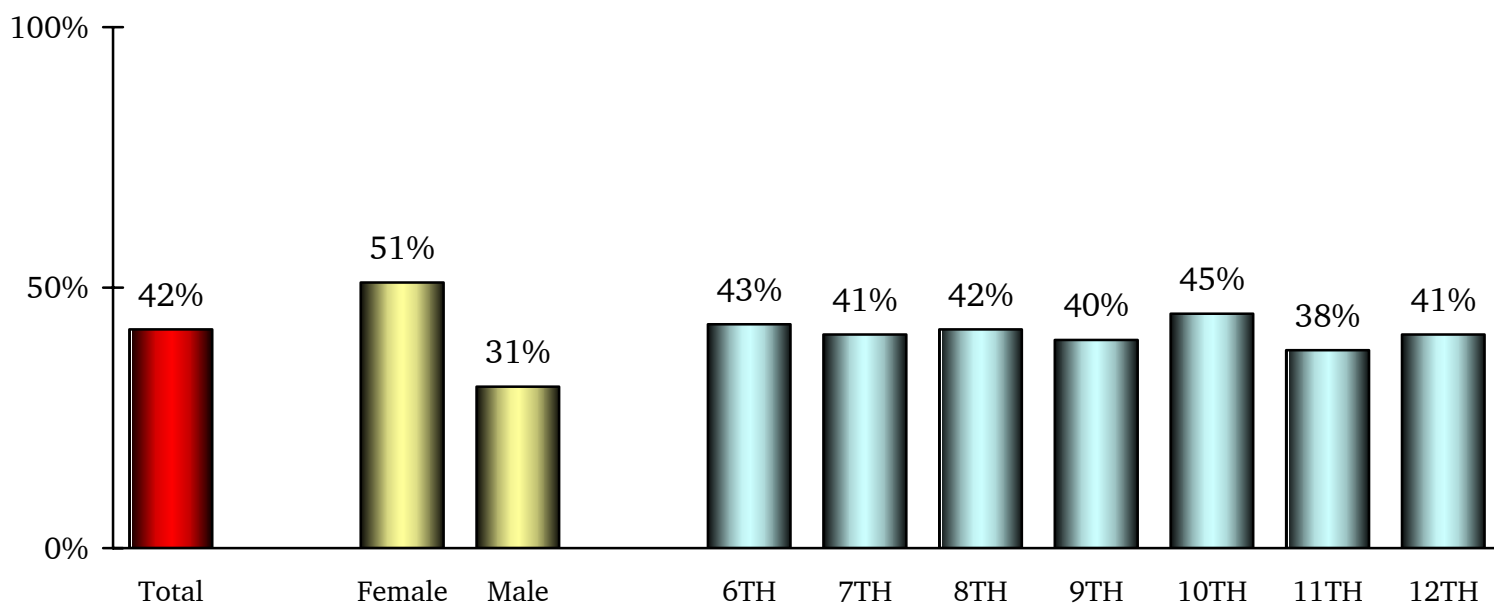


Percentage of students who describe themselves as slightly or very overweight.

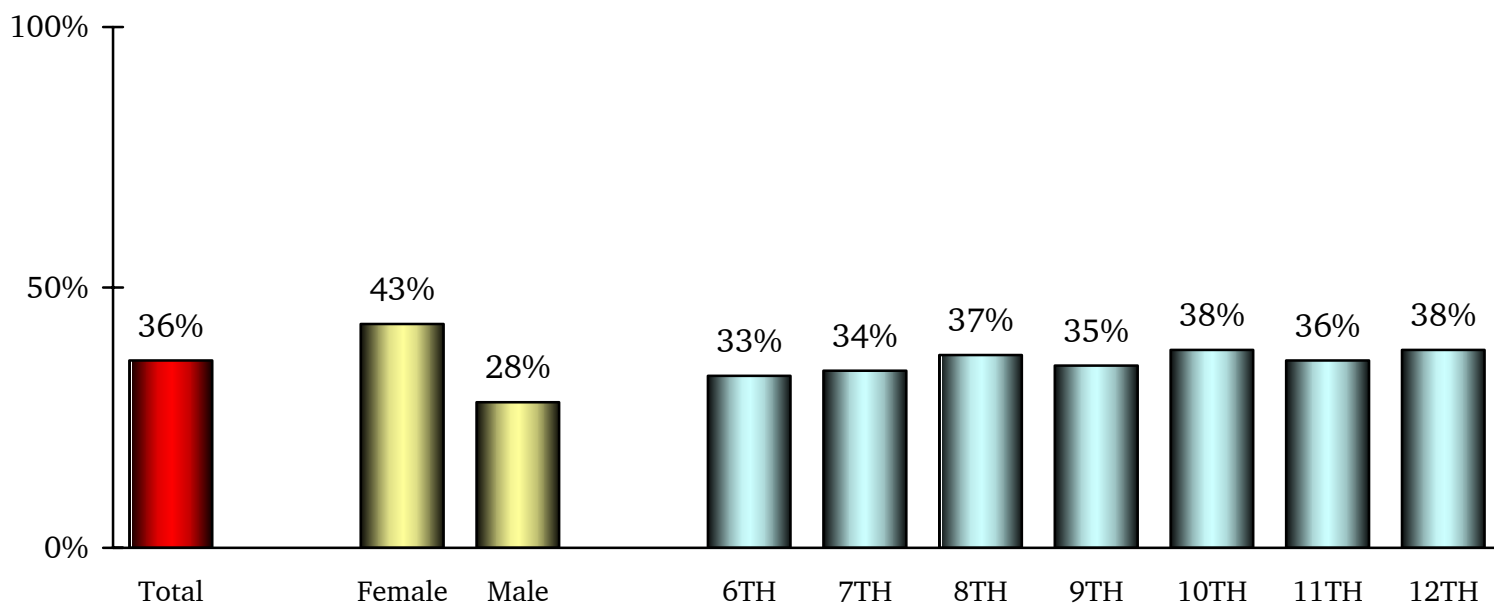


2003-2004 North Little Rock Youth Health Survey

Percentage of students who were trying to lose weight.

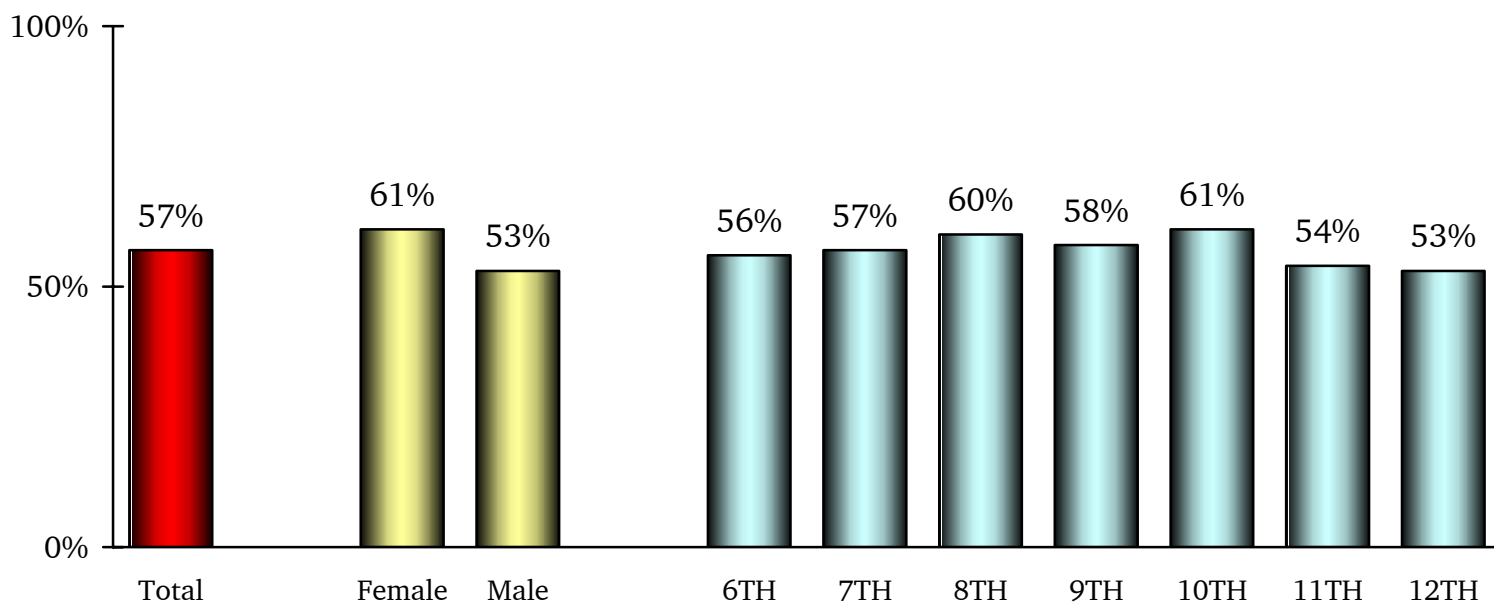


Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days.

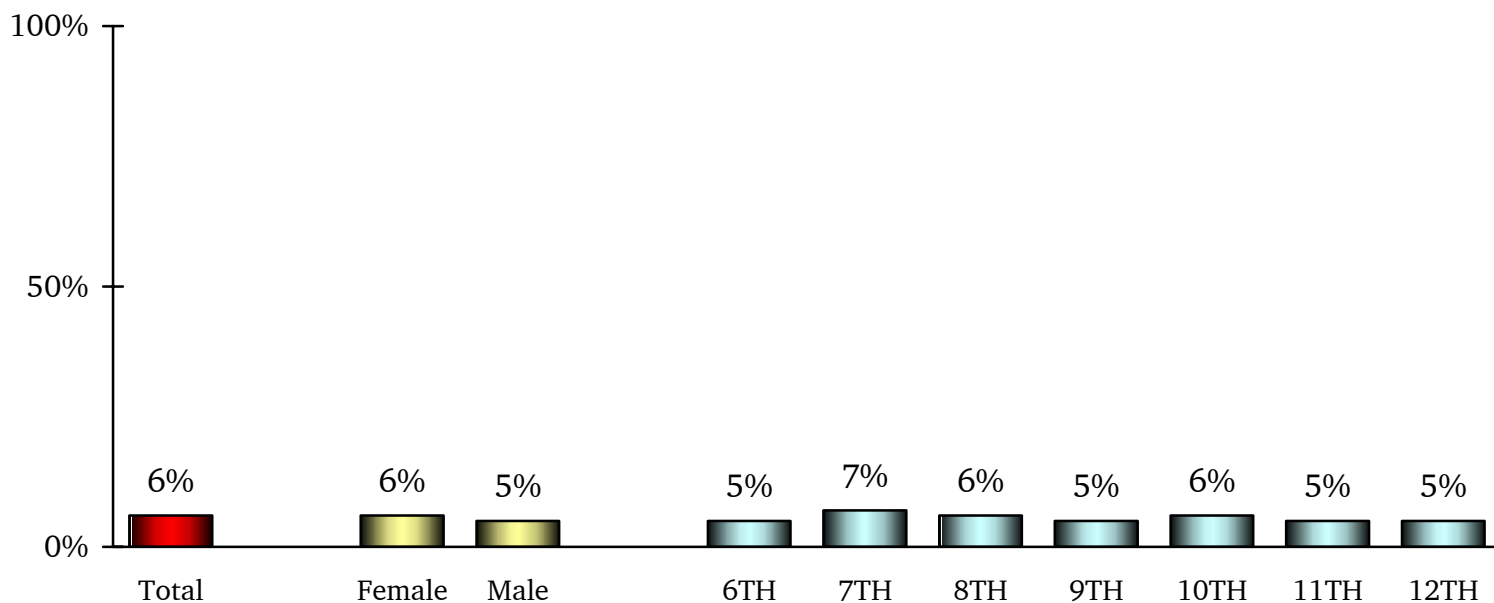


2003-2004 North Little Rock Youth Health Survey

Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days.

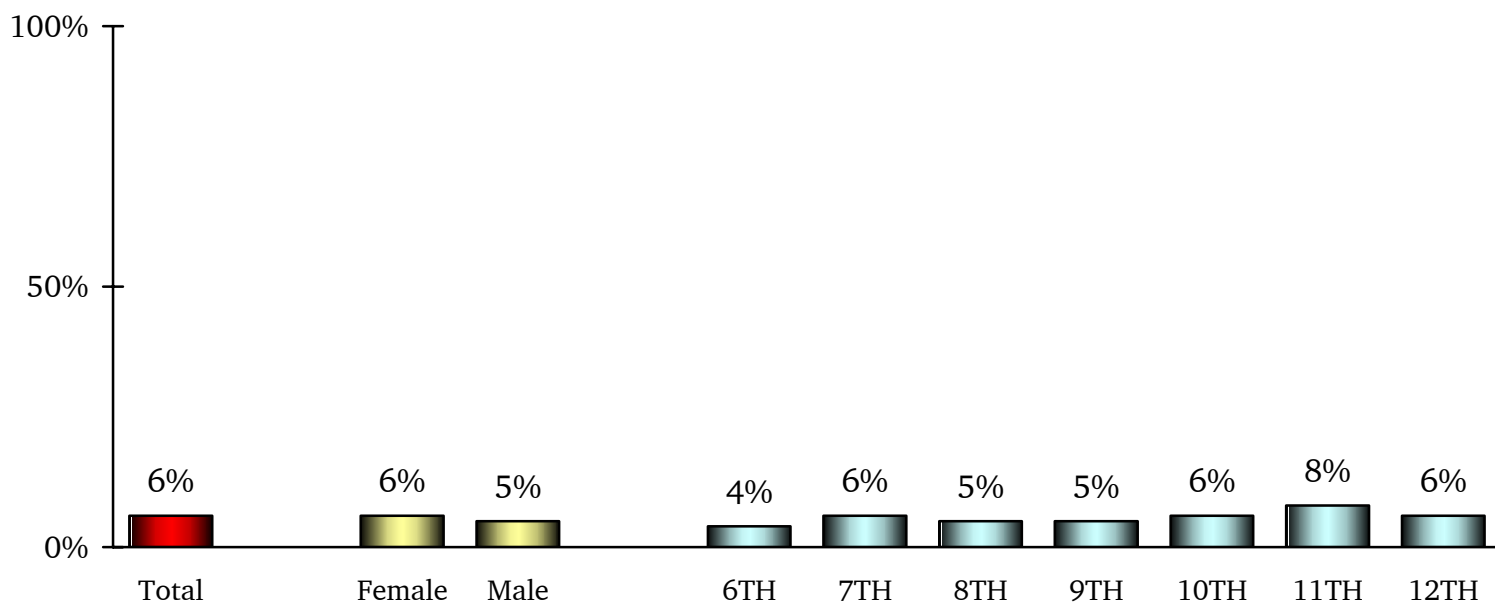


Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days.

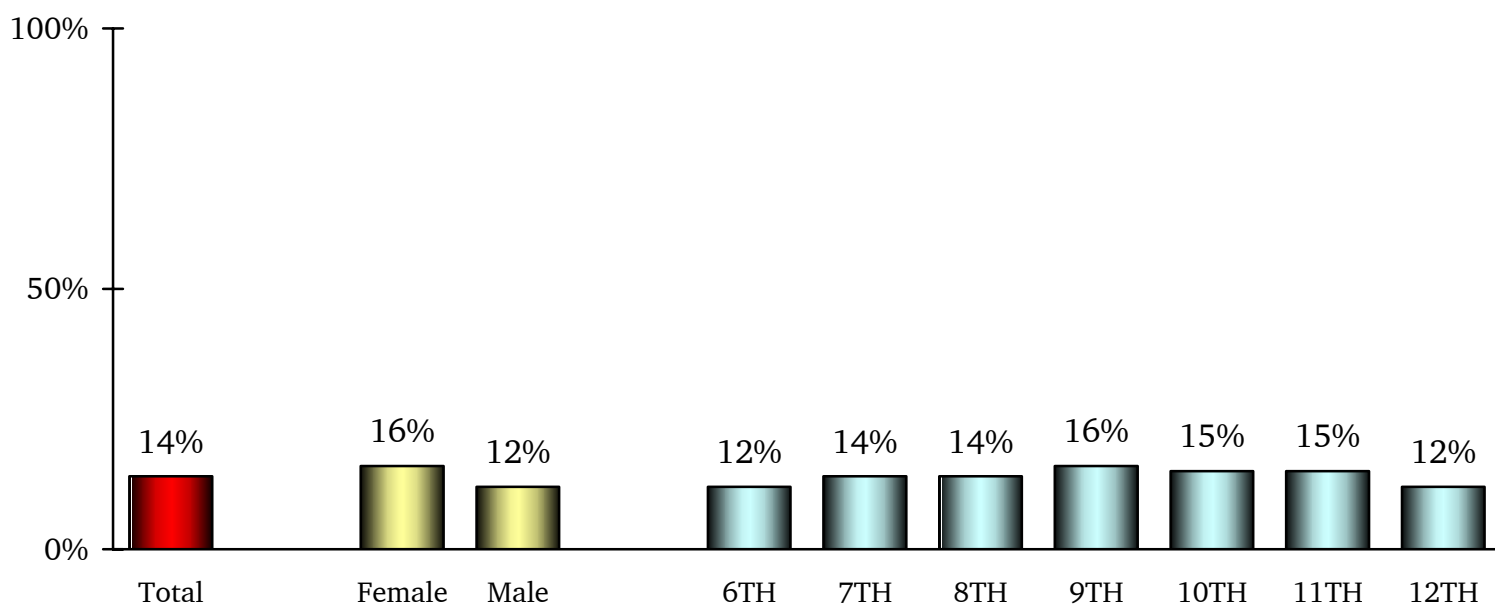


2003-2004 North Little Rock Youth Health Survey

Percentage of students who took diet pills to lose weight or to keep from gaining weight during the past 30 days.



Percentage of students who fasted, or went without eating, for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days.

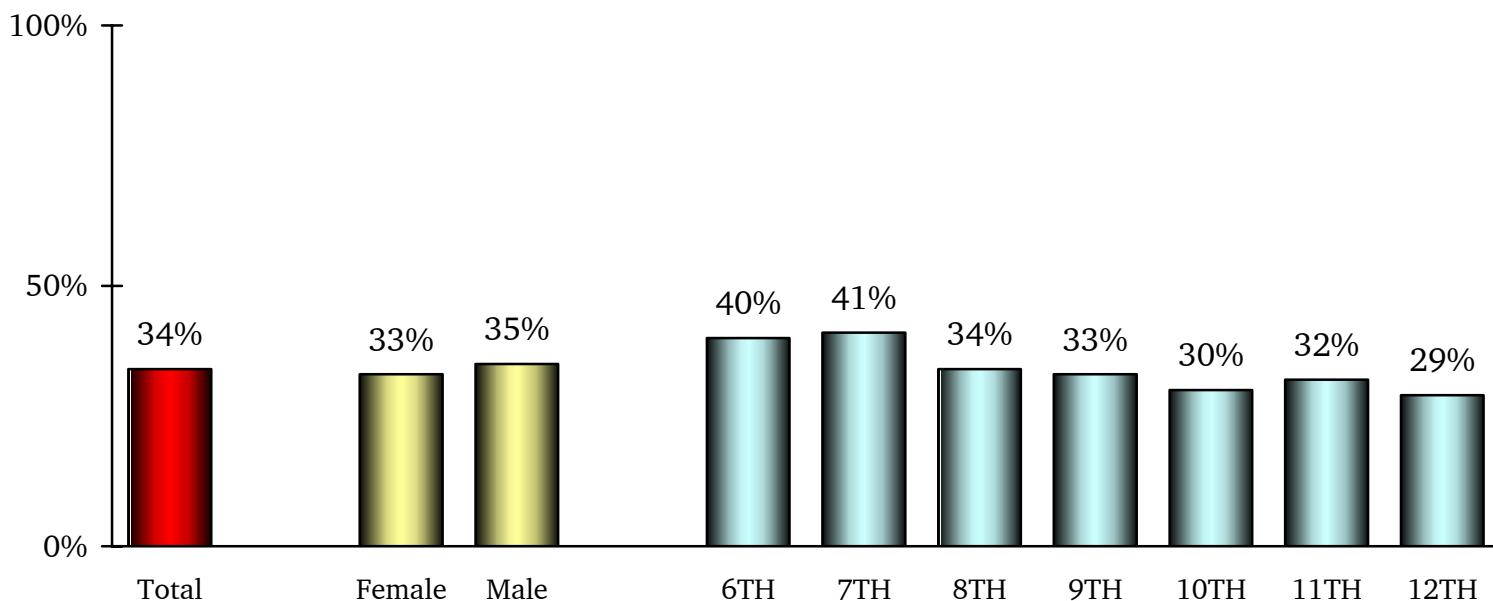


2003-2004 North Little Rock Youth Health Survey

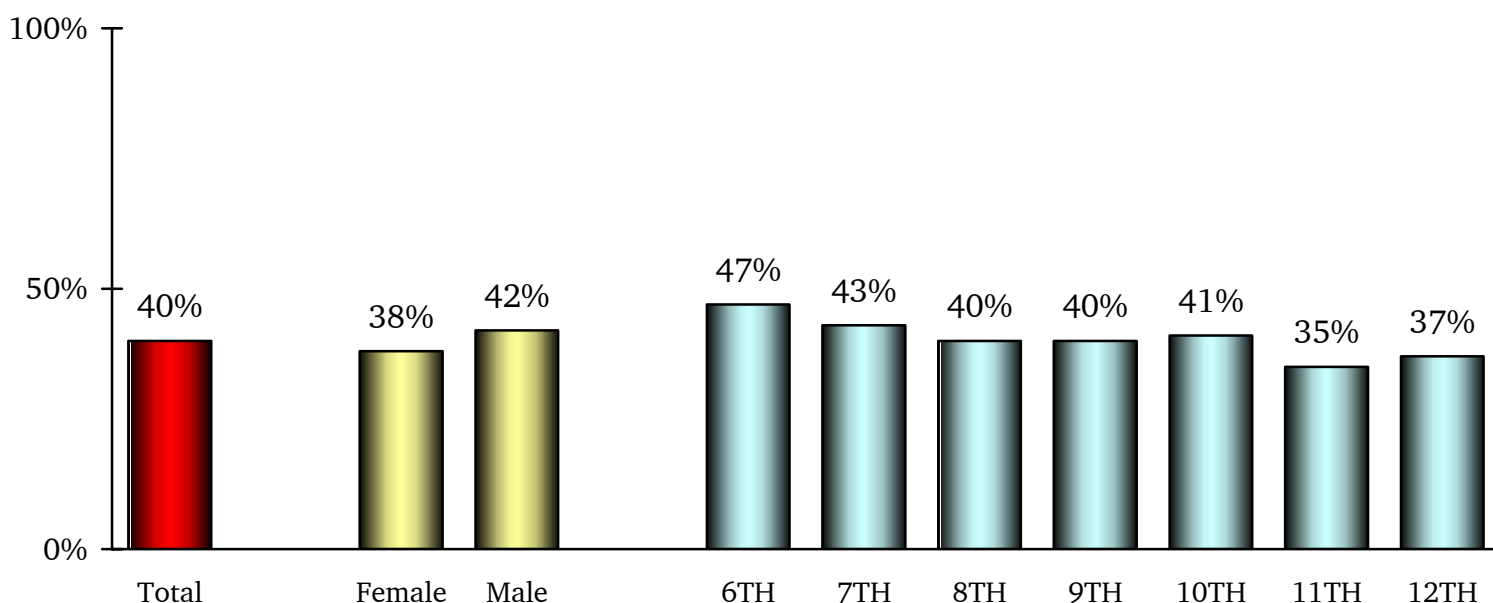
■ Nutrition

These questions measure food choices.

Percentage of students who ate fruit four or more times during the past 7 days.

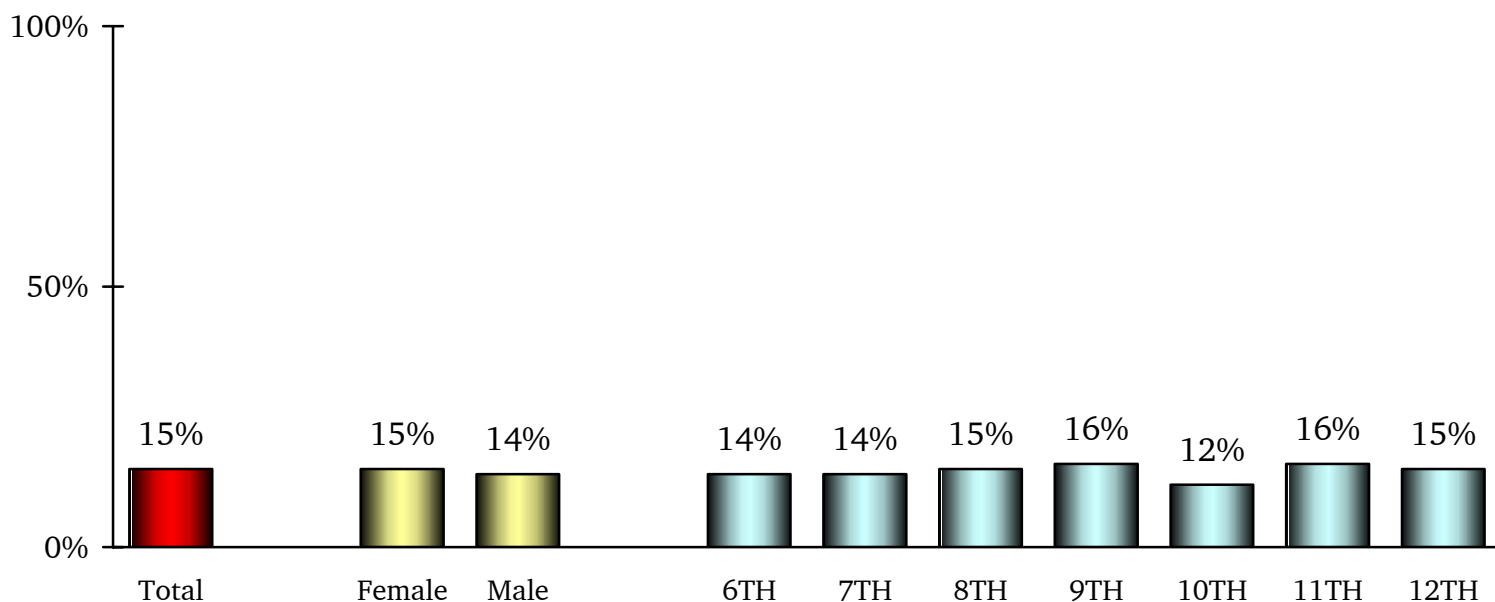


Percentage of students who drank fruit juices four or more times during the past 7 days.

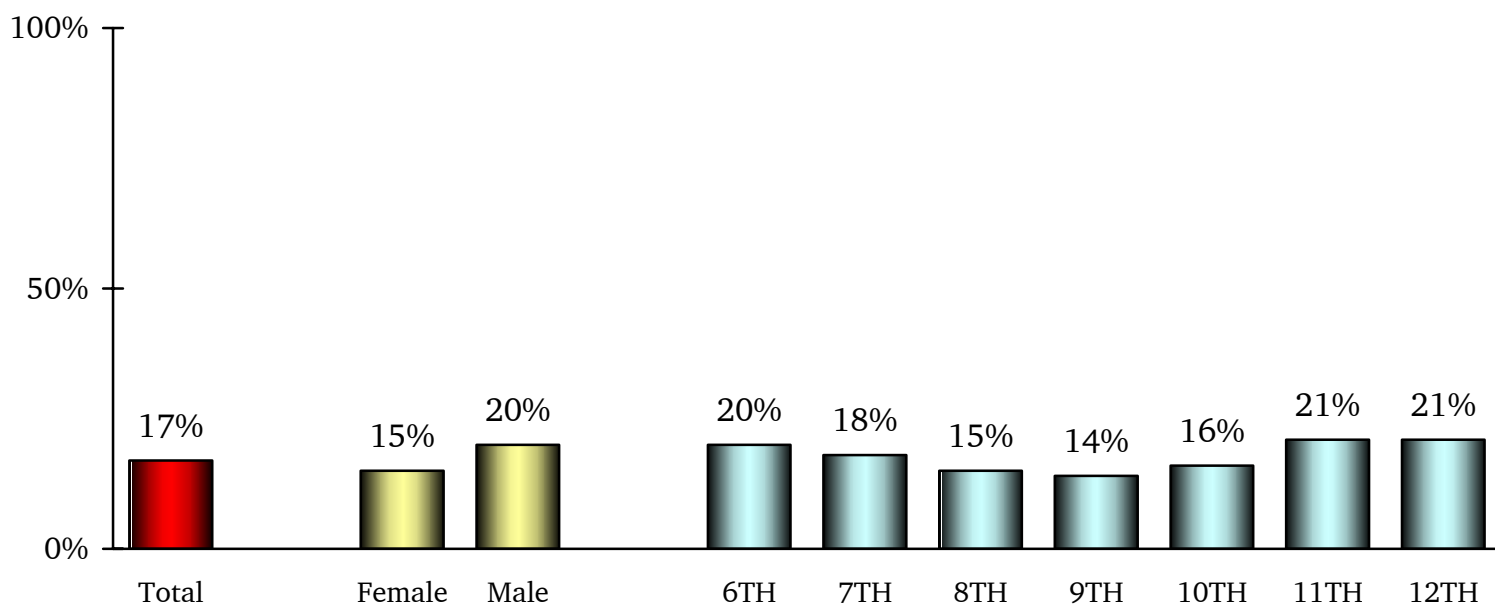


2003-2004 North Little Rock Youth Health Survey

Percentage of students who ate green salad four or more times during the past 30 days.

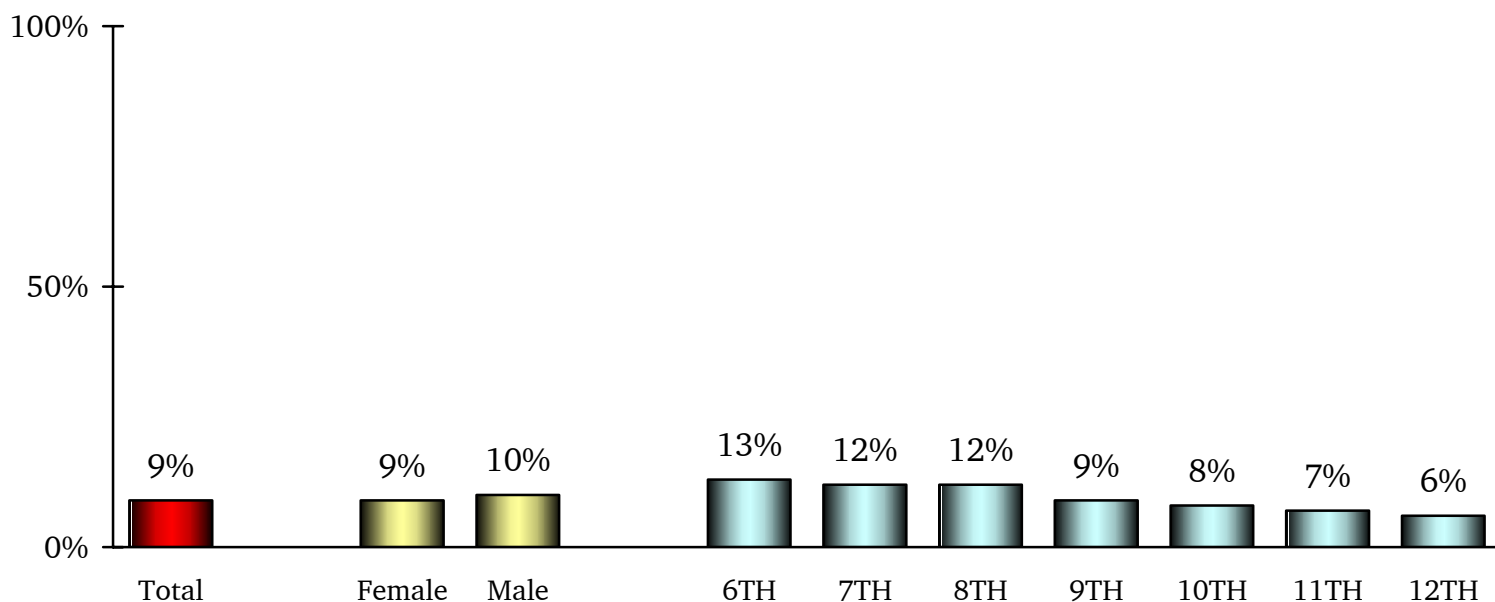


Percentage of students who ate potatoes four or more times during the past 30 days.

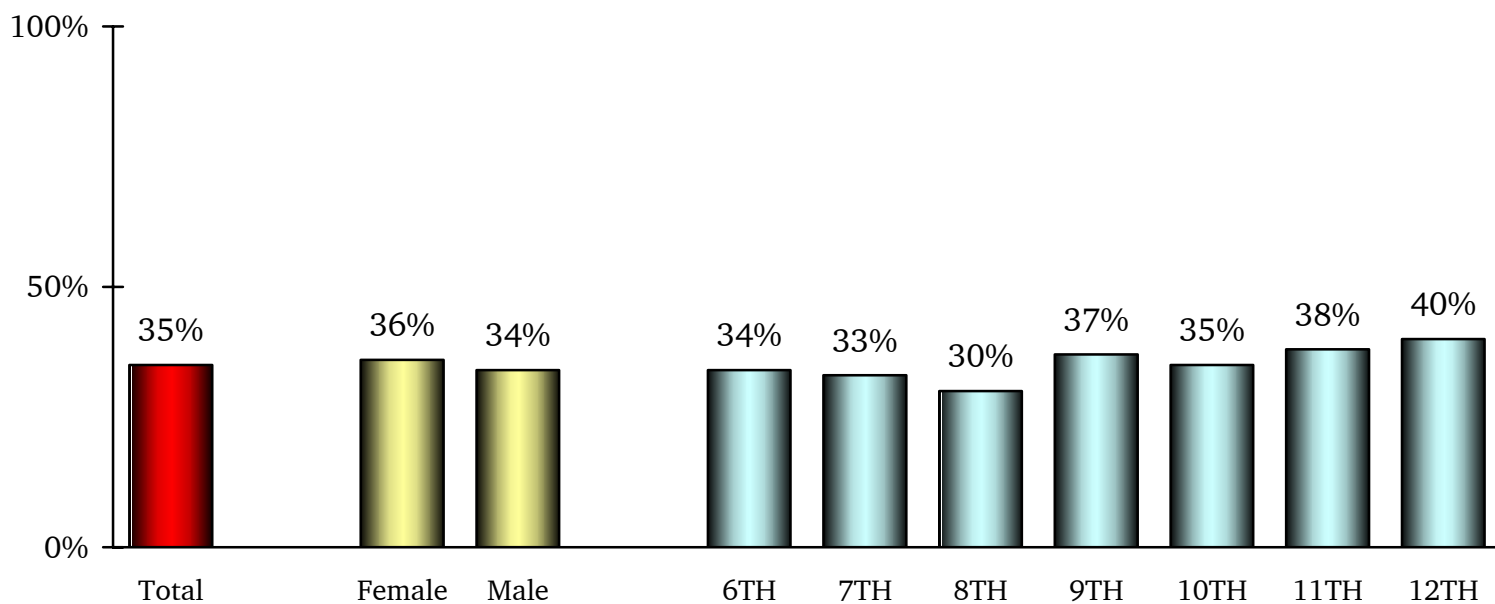


2003-2004 North Little Rock Youth Health Survey

Percentage of students who ate carrots four or more times during the past 7 days.

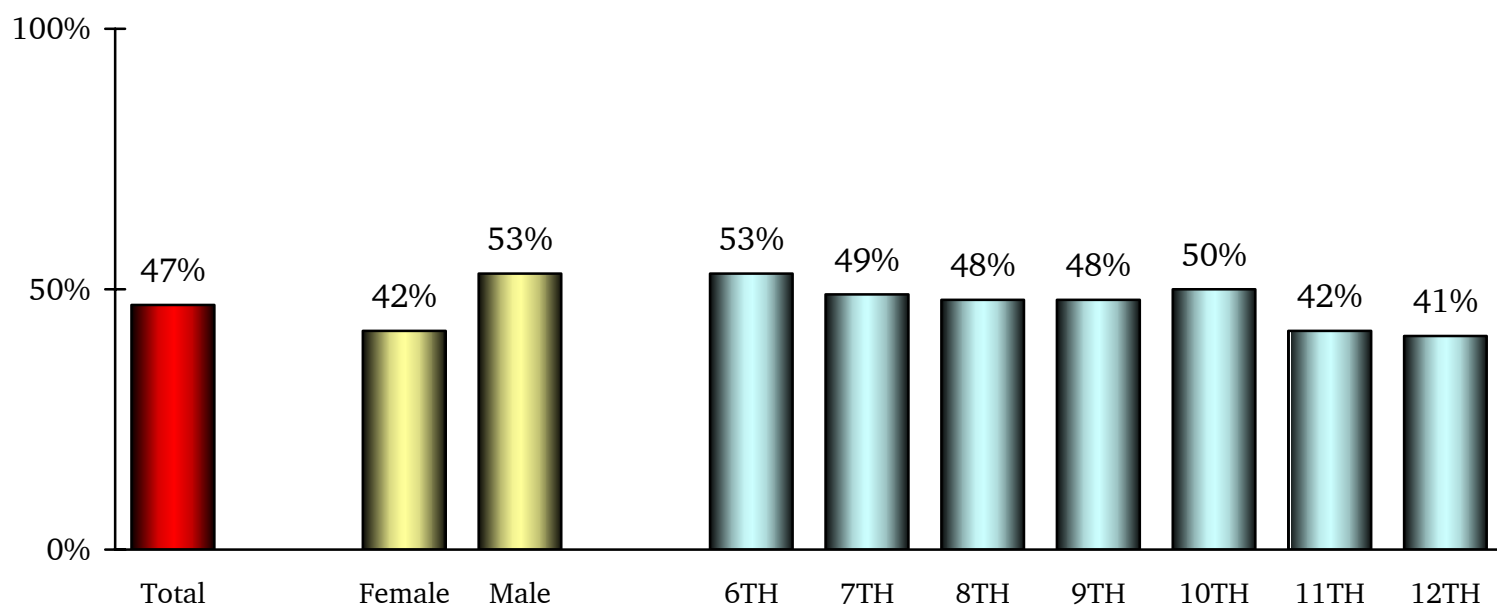


Percentage of students who ate other vegetables four or more times during the past 7 days.



2003-2004 North Little Rock Youth Health Survey

Percentage of students who drank milk four or more times during the past 7 days.

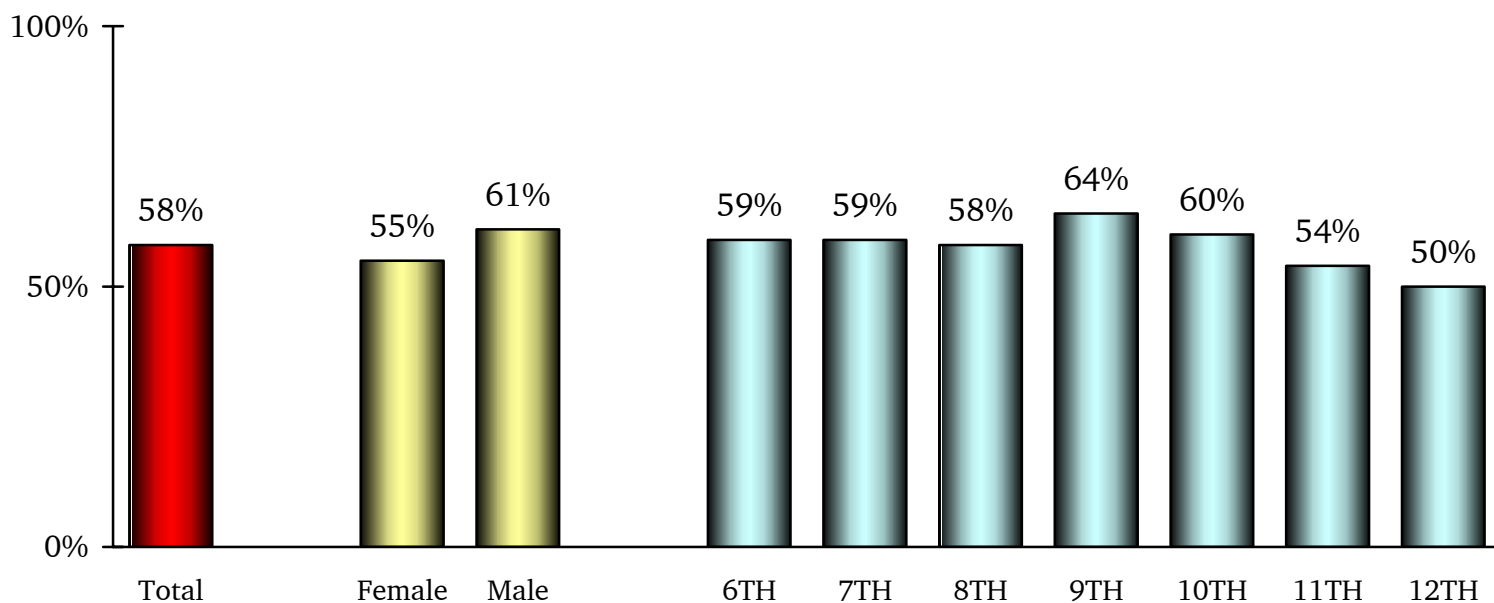


2003-2004 North Little Rock Youth Health Survey

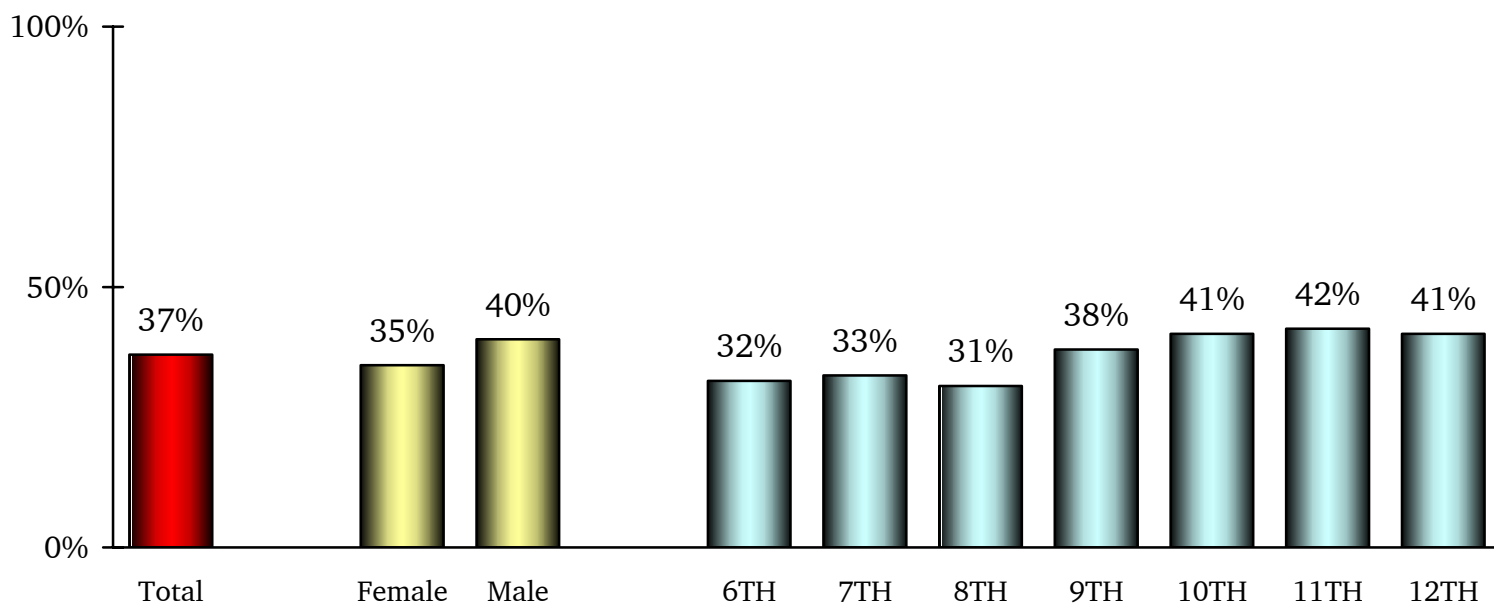
■ Physical Activity

These questions measure students' physical activity, including team sports, physical education class, and sports injuries.

Percentage of students who participated in a physical activity for at least 30 minutes that made them sweat and breathe hard on 3 or more of the past 7 days.

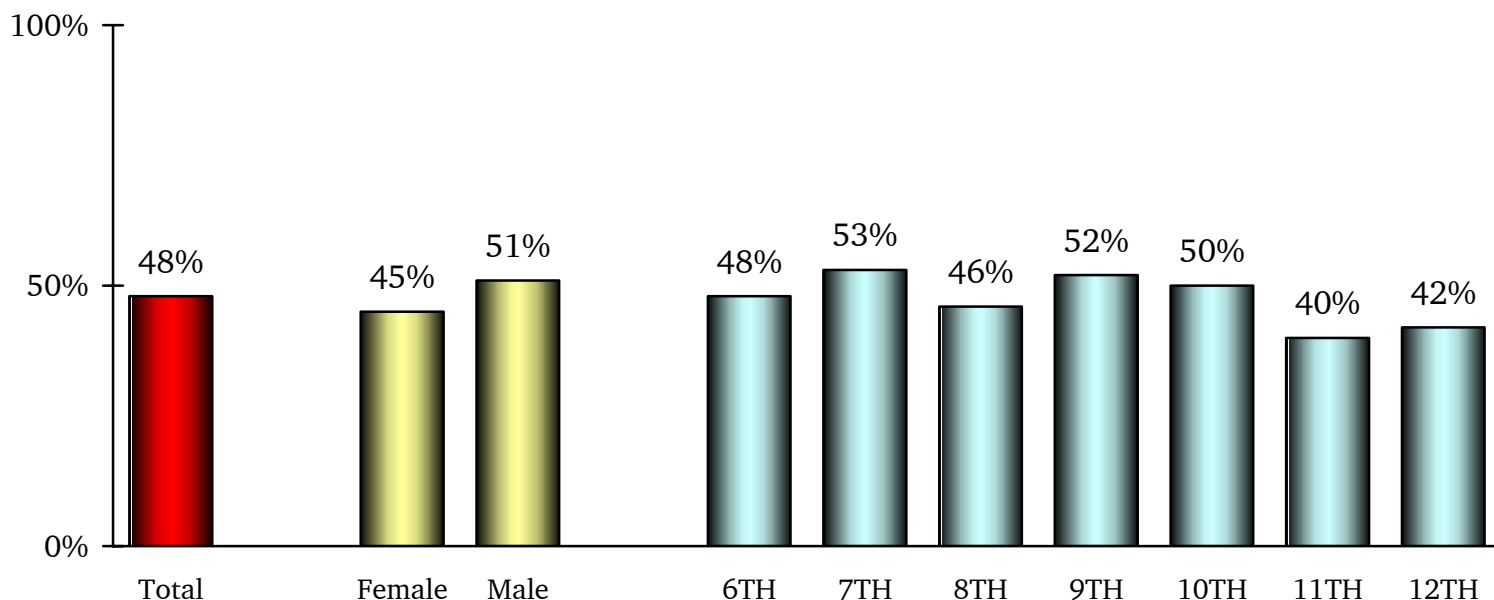


Percentage of students who participated in a physical activity for at least 30 minutes that did not make them sweat or breathe hard 3 or more of the past 7 days.

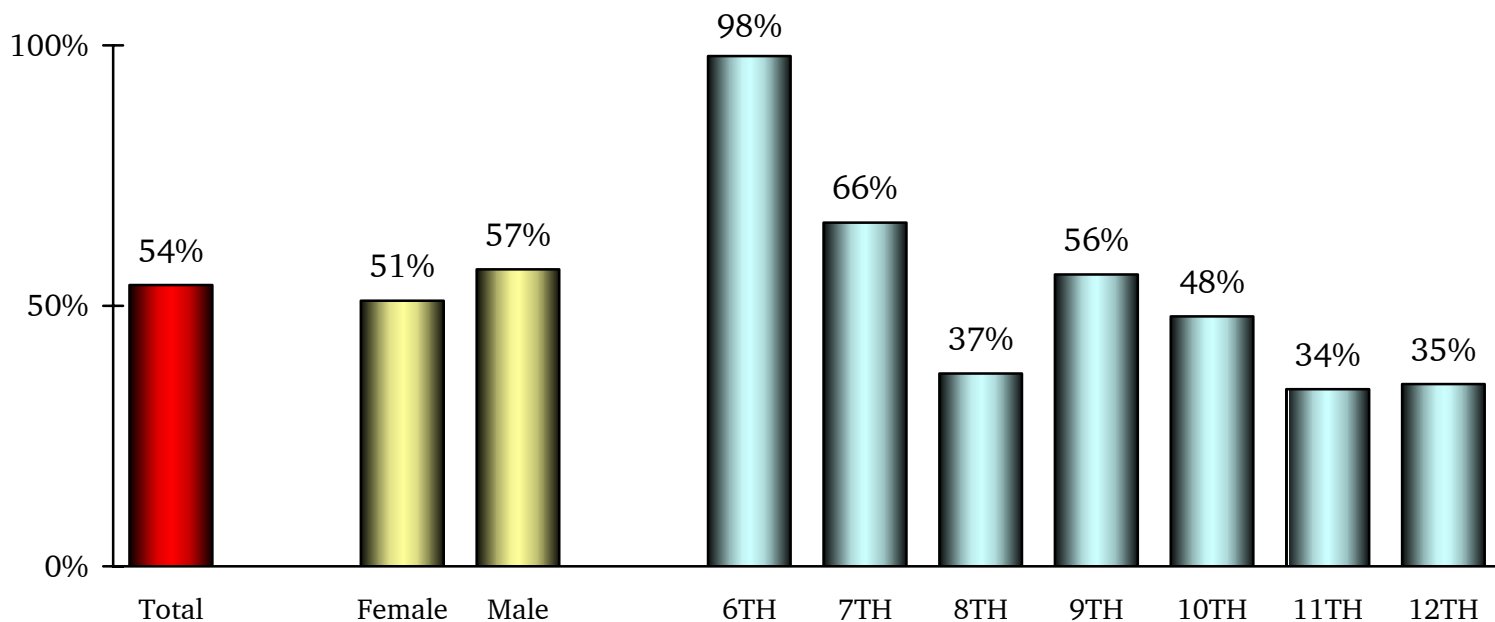


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Percentage of students who exercised to strengthen or tone their muscles on three or more of the past seven days.

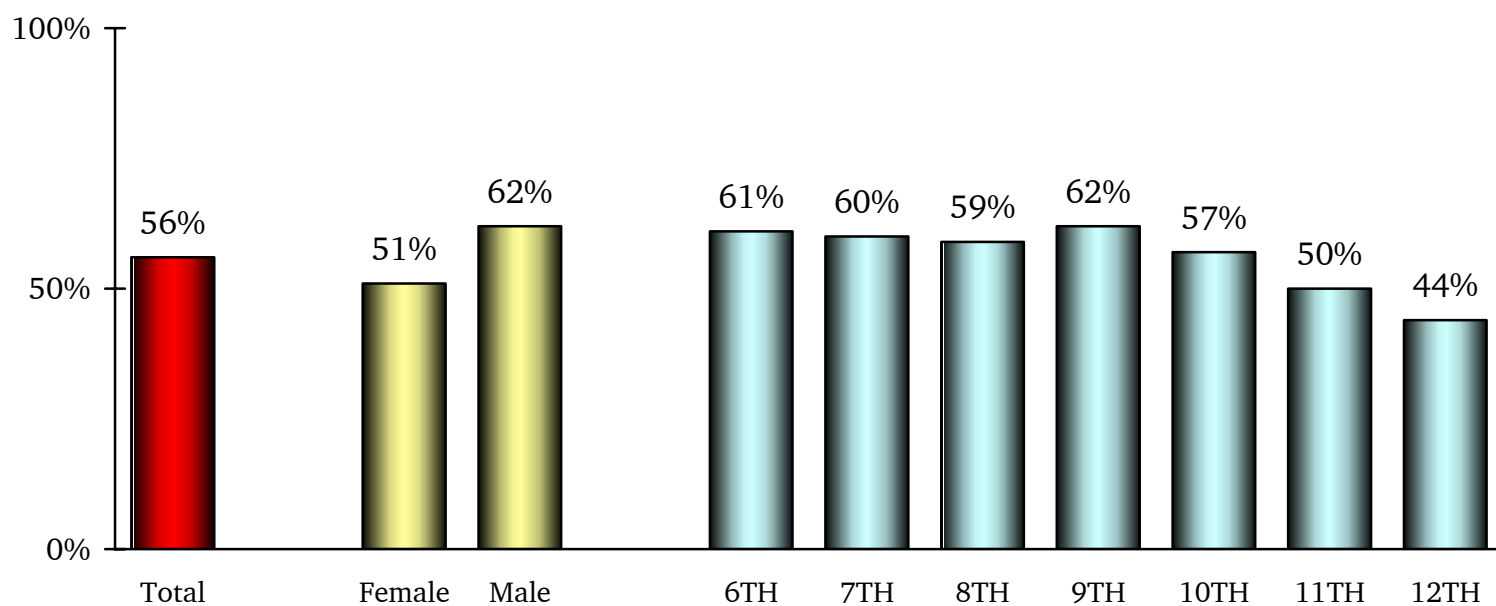


Percentage of students who attended physical education (PE) class one or more days during an average school week.



2003-2004 North Little Rock Youth Health Survey

Percentage of students who played on one or more sports teams during the past 12 months.



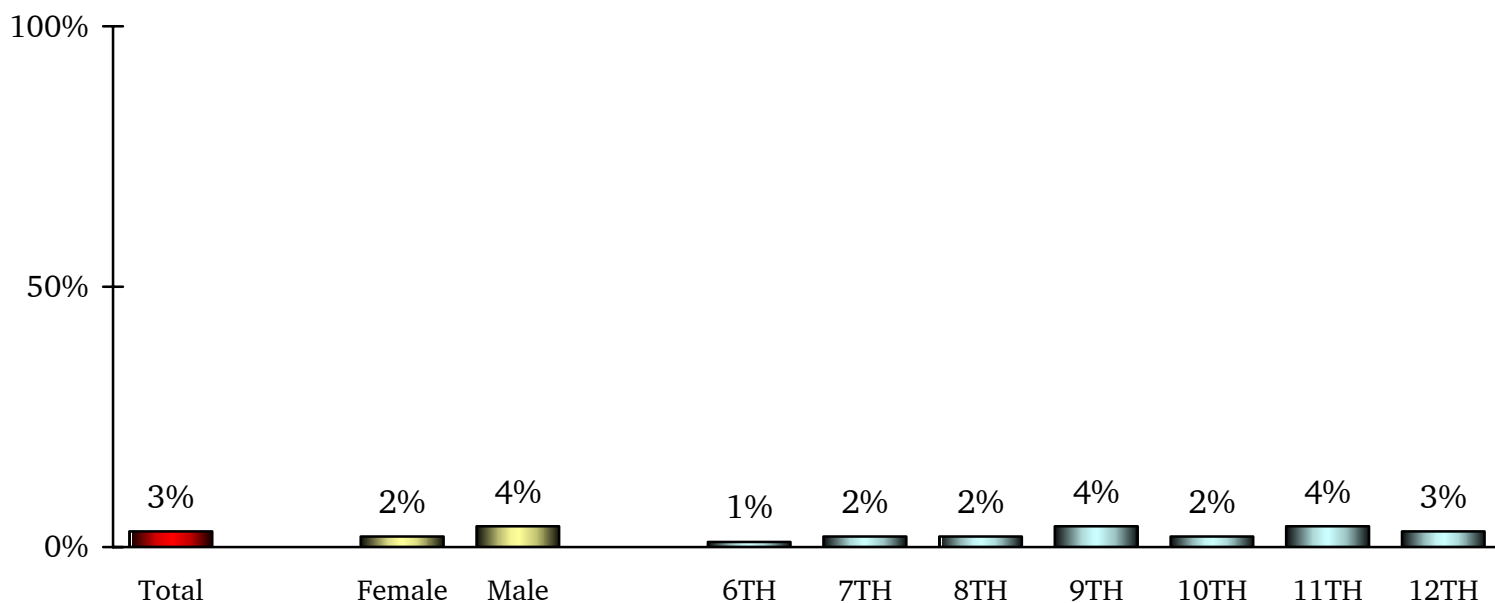
2003-2004 North Little Rock Youth Health Survey

■ Violence-Related Behaviors at School

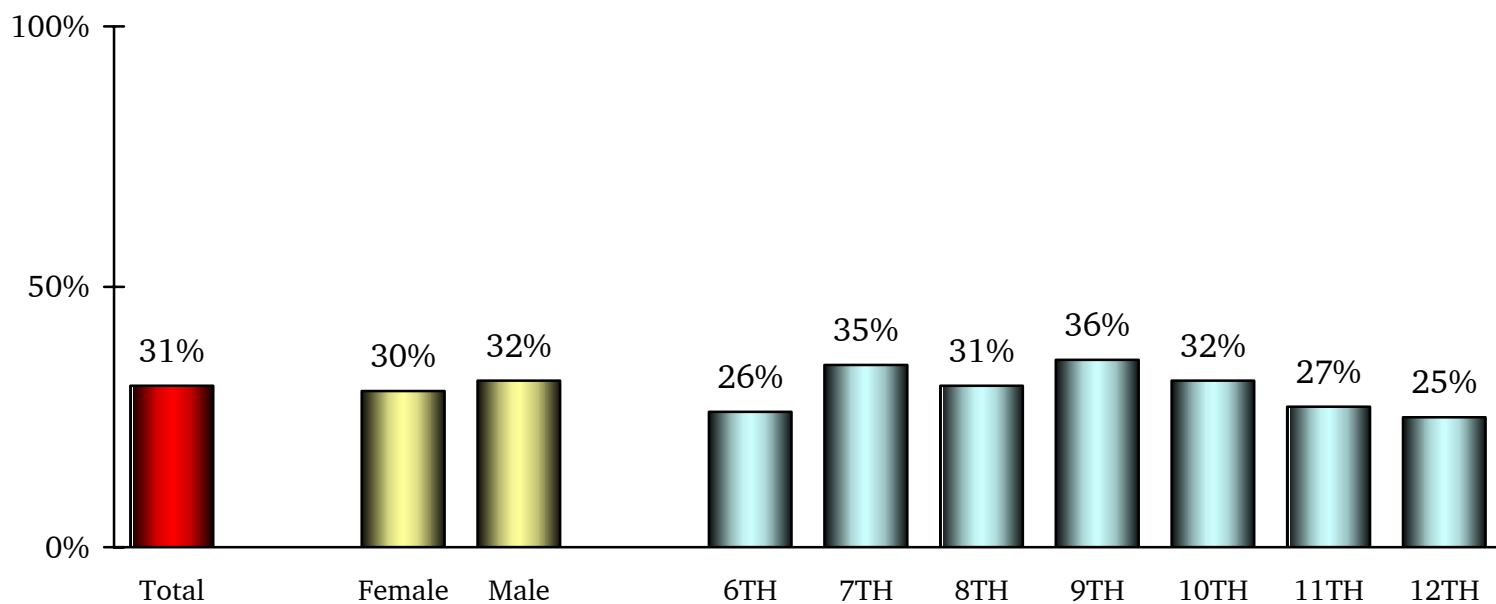
These questions measure violence related behaviors at school.

Percentage of students who carried a weapon* on school property on one or more of the past 30 days.

*such as a gun, knife, or club.

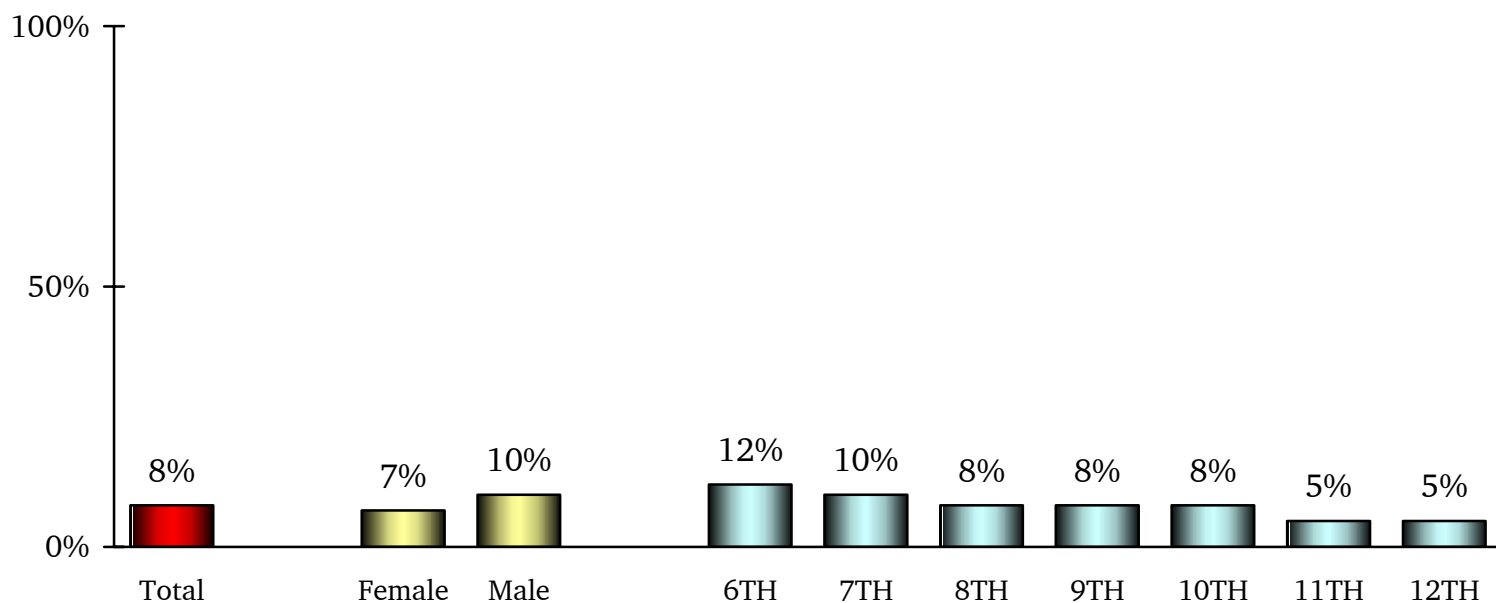


Percentage of students who have had their property stolen or deliberately damaged during the past 12 months?

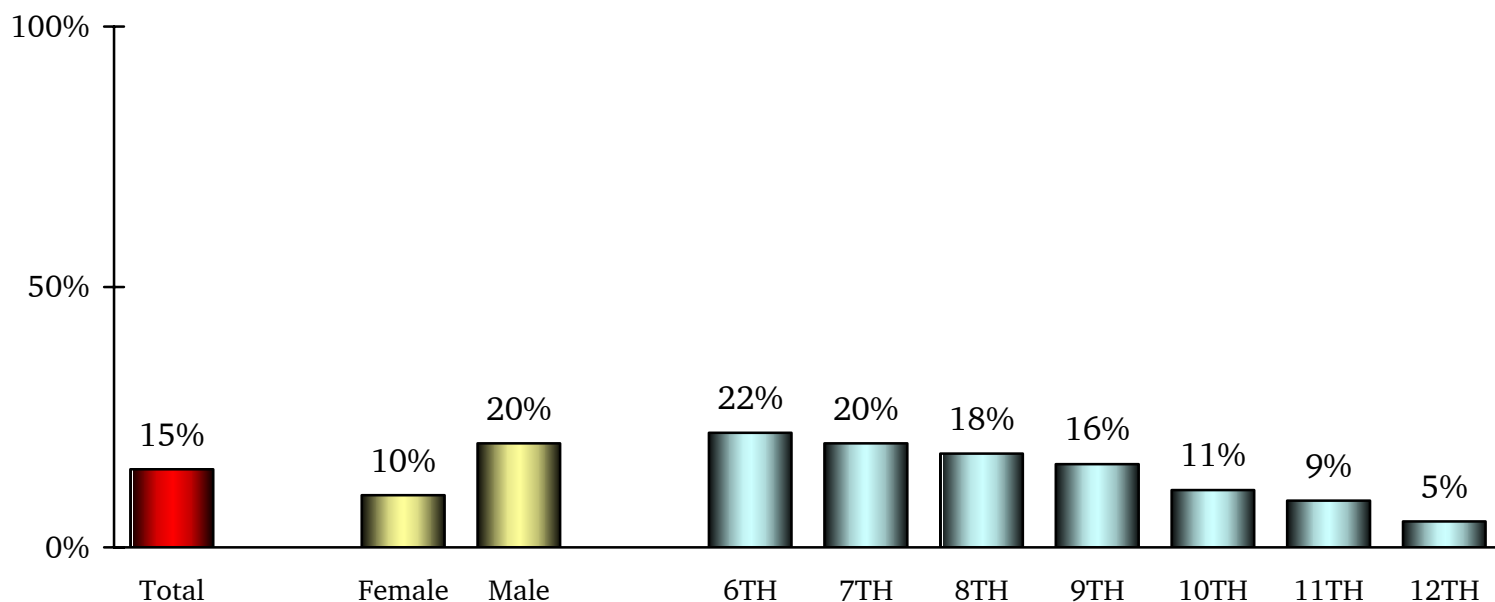


2003-2004 North Little Rock Youth Health Survey

Percentage of students who had been threatened or injured with a weapon on school property one or more times during the past 12 months.



Percentage of students who were in a physical fight on school property one or more times during the past 12 months.

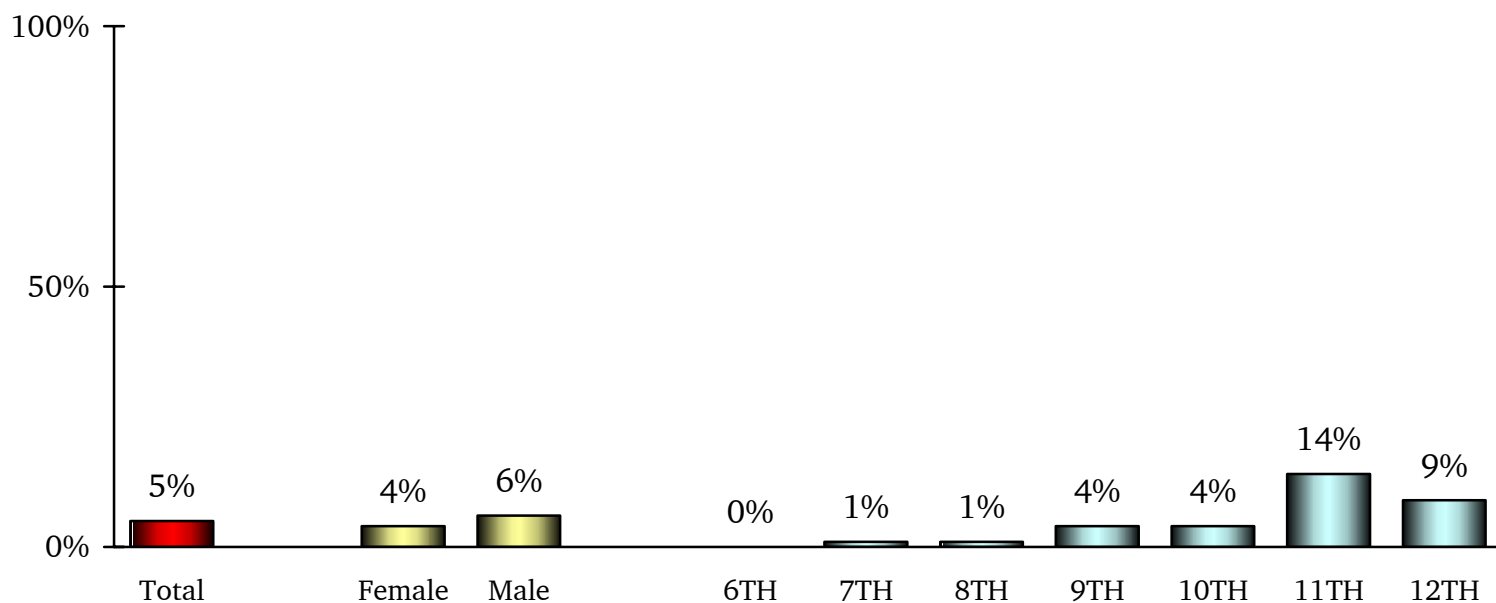


2003-2004 North Little Rock Youth Health Survey

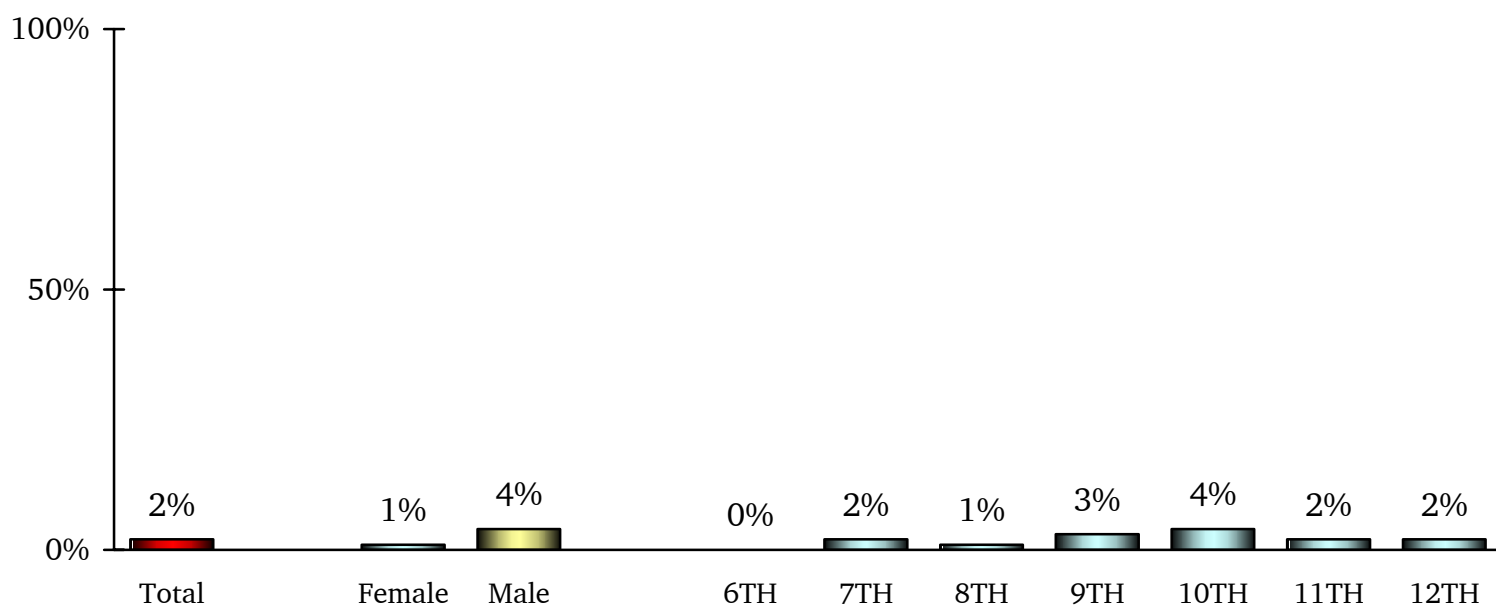
■ Tobacco Use at School

These questions measure tobacco use on school property.

Percentage of students who smoked cigarettes on school property on one or more of the past 30 days.



Percentage of students who used chewing tobacco or snuff on school property on one or more of the past 30 days

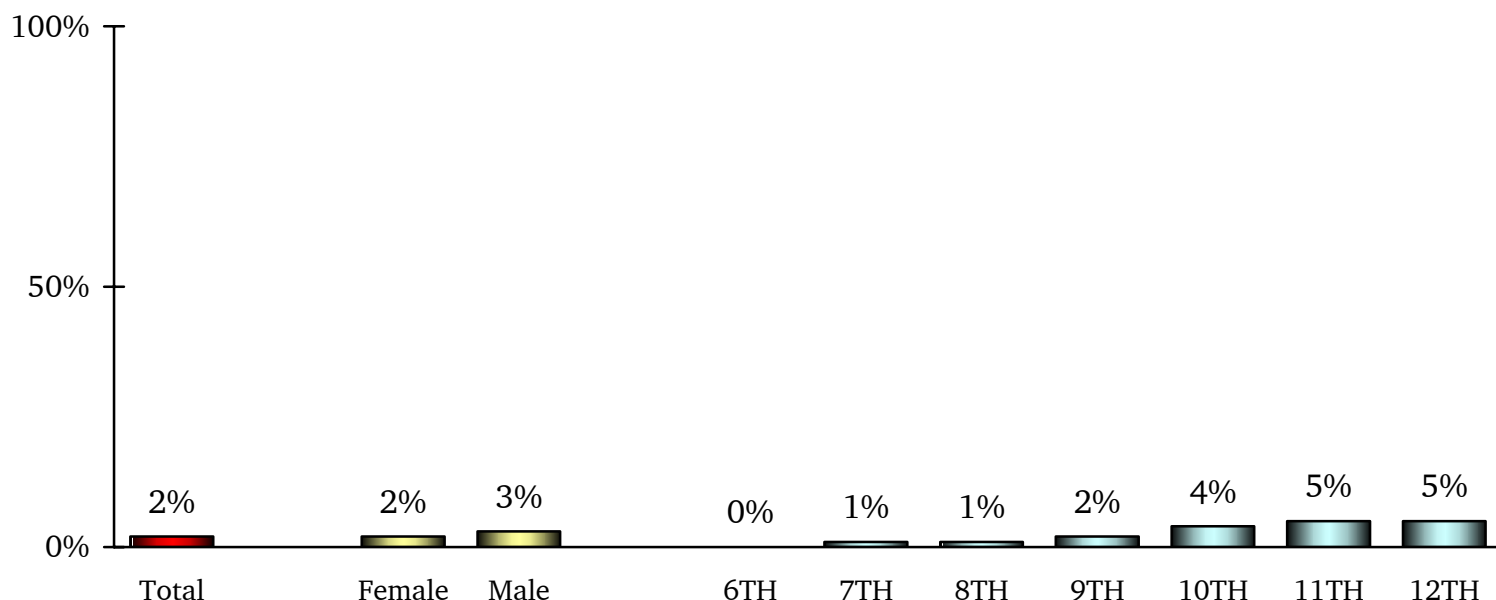


2003-2004 North Little Rock Youth Health Survey

■ Alcohol Use at School

This question measures alcohol use on school property.

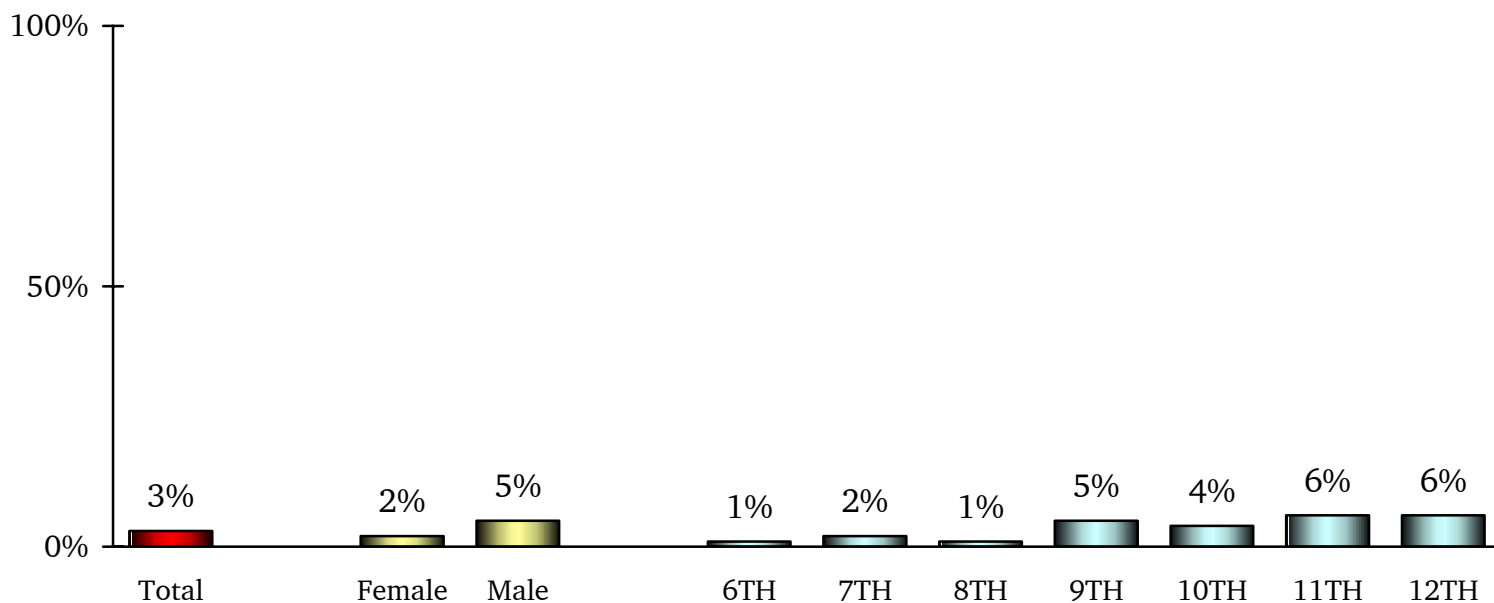
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days.



■ Drug Use at School

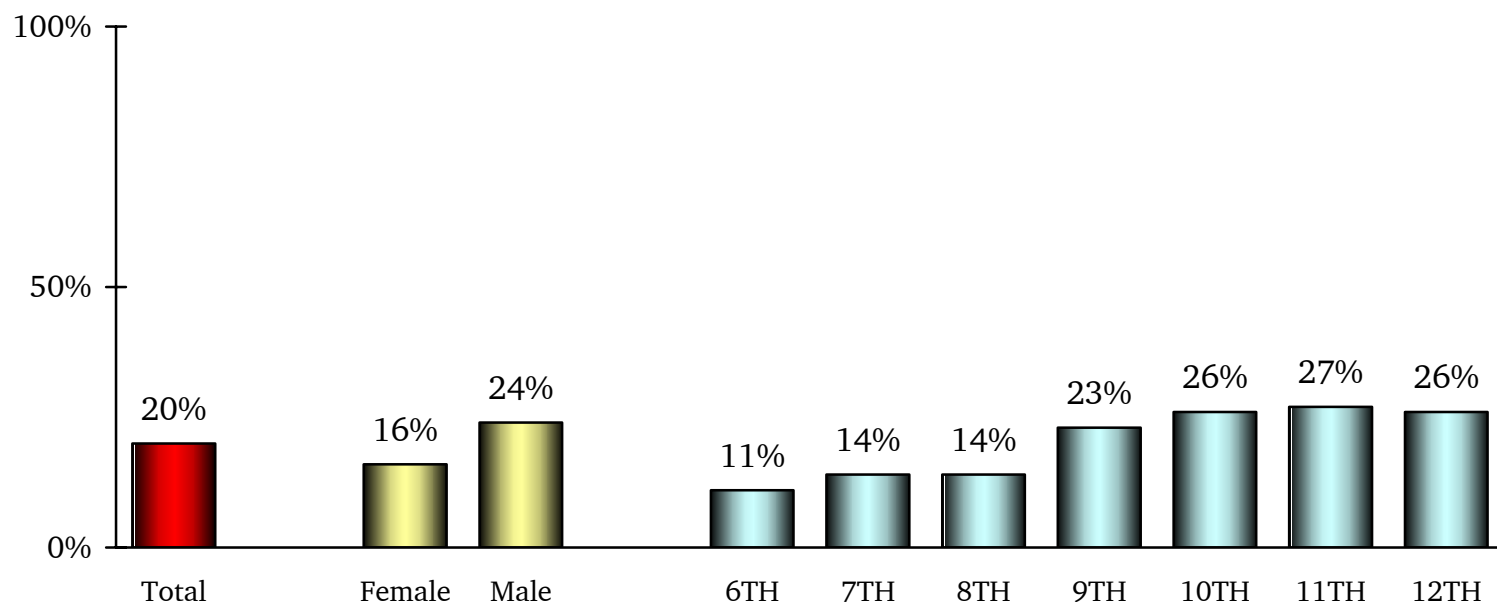
These questions measure drug use and availability on school property.

Percentage of students who used marijuana on school property on one or more of the past 30 days.



2003-2004 North Little Rock Youth Health Survey

Percentage of students who had someone offer, sell, or give them an illegal drug on school property during the past 12 months.



2003-2004 North Little Rock Youth Health Survey

2003-2004 North Little Rock County Youth Health Survey Questionnaire

1. How old are you?		
	Number of Students	Percent of Total
12 OR YOUNGER	844	24
13	525	15
14	507	14
15	565	16
16	500	14
17	461	13
18 OR OLDER	121	3

Frequency Missing = 11

2. What is your sex?		
	Number of Students	Percent of Total
FEMALE	1807	51
MALE	1716	49

Frequency Missing = 11

2003-2004 North Little Rock Youth Health Survey

3. In what grade are you?		
	Number of Students	Percent of Total
6TH	506	14
7TH	465	13
8TH	482	14
9TH	552	16
10TH	565	16
11TH	451	13
12TH	472	14

Frequency Missing = 41

7. During the past 12 months, how would you describe your grades in school?		
	Number of Students	Percent of Total
MOSTLY A's	1050	32
MOSTLY B's	1023	31
MOSTLY C's	623	19
MOSTLY D's	95	3
MOSTLY F's	58	2
NONE OF THE ABOVE	28	1
NOT SURE	450	14

Frequency Missing = 207

2003-2004 North Little Rock Youth Health Survey

8. When you rode a bicycle during the past 12 months, how often did you wear a helmet?		
	Number of Students	Percent of Total
DID NOT RIDE	1091	33
NEVER WORE	1860	56
RARELY WORE	131	4
SOMETIMES WORE	115	3
WORE MOST OF THE TIME	61	2
ALWAYS WORE	90	3

Frequency Missing = 186

9. How often do you wear a seat belt when riding in a car driven by someone else?		
	Number of Students	Percent of Total
NEVER	118	4
RARELY	229	7
SOMETIMES	542	16
MOST OF THE TIME	893	27
ALWAYS	1565	47

Frequency Missing = 187

2003-2004 North Little Rock Youth Health Survey

10. During the past 30 days,
how many times did you ride
in a car or other
vehicle driven by someone who
had been drinking alcohol?

	Number of Students	Percent of Total
0 TIMES	2646	75
1 TIME	286	8
2-3 TIMES	301	9
4-5 TIMES	73	2
6+ TIMES	215	6

Frequency Missing = 13

11. During the past 30 days,
how many times did you drive
a car or other
vehicle when you had been drinking
alcohol?

	Number of Students	Percent of Total
0 TIMES	3255	95
1 TIME	92	3
2-3 TIMES	55	2
4-5 TIMES	14	0
6+ TIMES	24	1

Frequency Missing = 94

2003-2004 North Little Rock Youth Health Survey

12. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?		
	Number of Students	Percent of Total
0 TIMES	2967	86
1 TIME	144	4
2-3 TIMES	109	3
4-5 TIMES	52	2
6+ TIMES	173	5

Frequency Missing = 89

13. During the past 30 days, on how many days did you carry a gun?		
	Number of Students	Percent of Total
0 TIMES	3329	96
1 TIME	59	2
2-3 TIMES	38	1
4-5 TIMES	17	0
6+ TIMES	38	1

Frequency Missing = 53

2003-2004 North Little Rock Youth Health Survey

14. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?		
	Number of Students	Percent of Total
0 TIMES	3257	97
1 TIME	37	1
2-3 TIMES	21	1
4-5 TIMES	6	0
6+ TIMES	26	1

Frequency Missing = 187

15. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?		
	Number of Students	Percent of Total
0 TIMES	3082	92
1 TIME	134	4
2-3 TIMES	70	2
4-5 TIMES	14	0
6+ TIMES	40	1

Frequency Missing = 194

2003-2004 North Little Rock Youth Health Survey

16. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?		
	Number of Students	Percent of Total
0 TIMES	3092	92
1 TIME	127	4
2-3 TIMES	81	2
4-5 TIMES	22	1
6-7 TIMES	7	0
8-9 TIMES	4	0
10-11 TIMES	4	0
12+ TIMES	27	1

Frequency Missing = 170

2003-2004 North Little Rock Youth Health Survey

17. During the past 12 months, how many times has someone stolen or deliberately damaged your property?		
	Number of Students	Percent of Total
0 TIMES	2440	69
1 TIME	569	16
2-3 TIMES	349	10
4-5 TIMES	62	2
6-7 TIMES	29	1
8-9 TIMES	10	0
10-11 TIMES	8	0
12+ TIMES	54	2

Frequency Missing = 13

18. During the past 12 months, how many times were you in a physical fight?		
	Number of Students	Percent of Total
0 TIMES	2240	66
1 TIME	529	16
2-3 TIMES	334	10
4-5 TIMES	104	3
6-7 TIMES	52	2
8-9 TIMES	30	1
10-11 TIMES	13	0
12+ TIMES	102	3

Frequency Missing = 130

2003-2004 North Little Rock Youth Health Survey

19. During the past 12 months,
how many times were you in a
physical fight in
which you were injured
and had to be treated by a doctor
or nurse?

	Number of Students	Percent of Total
0 TIMES	3320	97
1 TIME	90	3
2-3 TIMES	16	0
4-5 TIMES	4	0
6+ TIMES	4	0

Frequency Missing = 100

20. During the past 12 months,
how many times were you in a physical
fight on school property?

	Number of Students	Percent of Total
0 TIMES	2853	85
1 TIME	318	9
2-3 TIMES	122	4
4-5 TIMES	31	1
6-7 TIMES	7	0
8-9 TIMES	4	0
10-11 TIMES	2	0
12+ TIMES	17	1

Frequency Missing = 180

2003-2004 North Little Rock Youth Health Survey

21. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?		
	Number of Students	Percent of Total
YES	408	12
NO	2916	88

Frequency Missing = 210

22. Have you ever been forced to have sexual intercourse when you did not want to?		
	Number of Students	Percent of Total
YES	281	8
NO	3063	92

Frequency Missing = 190

2003-2004 North Little Rock Youth Health Survey

23. During the past 12 months, did you ever feel sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?		
	Number of Students	Percent of Total
YES	906	27
NO	2441	73

Frequency Missing = 187

24. During the past 12 months, did you ever seriously consider attempting suicide?		
	Number of Students	Percent of Total
YES	436	14
NO	2636	86

Frequency Missing = 462

25. During the past 12 months, did you make a plan about how you would attempt suicide?		
	Number of Students	Percent of Total
YES	367	10
NO	3151	90

Frequency Missing = 16

2003-2004 North Little Rock Youth Health Survey

26. During the past 12 months, how many times did you actually attempt suicide?		
	Number of Students	Percent of Total
0 TIMES	2463	94
1 TIME	81	3
2-3 TIMES	53	2
4-5 TIMES	11	0
6+ TIMES	18	1

Frequency Missing = 908

27. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?		
	Number of Students	Percent of Total
N/A	2432	91
YES	87	3
NO	166	6

Frequency Missing = 849

28. Have you ever tried cigarette smoking, even one or two puffs?		
	Number of Students	Percent of Total
YES	1628	48
NO	1747	52

Frequency Missing = 159

2003-2004 North Little Rock Youth Health Survey

29. How old were you when you smoked a whole cigarette for the first time?		
	Number of Students	Percent of Total
NEVER TRIED	2295	69
8 OR YOUNGER	141	4
AGE 9-10	156	5
AGE 11-12	249	7
AGE 13-14	290	9
AGE 15-16	166	5
17 OR OLDER	26	1

Frequency Missing = 211

30. During the past 30 days, on how many days did you smoke cigarettes?		
	Number of Students	Percent of Total
0 DAYS	2691	87
1-2 DAYS	118	4
3-5 DAYS	62	2
6-9 DAYS	43	1
10-19 DAYS	48	2
20-29 DAYS	31	1
ALL 30 DAYS	111	4

Frequency Missing = 430

2003-2004 North Little Rock Youth Health Survey

31. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?		
	Number of Students	Percent of Total
NONE IPM	2707	87
LT 1 PER DAY	95	3
1/DAY	101	3
2-5/DAY	143	5
6-10/DAY	46	1
11-20/DAY	26	1
21+ /DAY	11	0

Frequency Missing = 405

32. During the past 30 days, how did you usually get your own cigarettes?		
	Number of Students	Percent of Total
NONE IN THE PAST MONTH	2709	87
STORE BOUGHT	76	2
MACHINE BOUGHT	9	0
SOMEONE ELSE BOUGHT	126	4
BORROWED THEM	102	3
PERSON 18 OR OLDER GAVE THEM	40	1
TOOK FROM A STORE OR FAMILY MEMBER	22	1
SOME OTHER WAY	47	2

Frequency Missing = 403

2003-2004 North Little Rock Youth Health Survey

33. During the past 30 days, on how many days did you smoke cigarettes on school property?		
	Number of Students	Percent of Total
0 DAYS	3270	95
1-2 DAYS	49	1
3-5 DAYS	21	1
6-9 DAYS	20	1
10-19 DAYS	21	1
20-29 DAYS	17	0
ALL 30 DAYS	30	1

Frequency Missing = 106

34. Have you ever smoked cigarettes regularly, that is, at least one cigarette every day for 30 days?		
	Number of Students	Percent of Total
YES	273	8
NO	3143	92

Frequency Missing = 118

35. Have you ever tried to quit smoking cigarettes?		
	Number of Students	Percent of Total
N/A	2588	80
YES	374	12
NO	268	8

Frequency Missing = 304

2003-2004 North Little Rock Youth Health Survey

36. During the past 30 days, on how many days did you use chewing tobacco or snuff, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?		
	Number of Students	Percent of Total
0 DAYS	3122	96
1-2 DAYS	57	2
3-5 DAYS	22	1
6-9 DAYS	13	0
10-19 DAYS	10	0
20-29 DAYS	9	0
ALL 30 DAYS	23	1

Frequency Missing = 278

37. During the past 30 days, on how many days did you use chewing tobacco or snuff on school property?		
	Number of Students	Percent of Total
0 DAYS	3254	98
1-2 DAYS	29	1
3-5 DAYS	11	0
6-9 DAYS	5	0
10-19 DAYS	11	0
20-29 DAYS	6	0
ALL 30 DAYS	10	0

Frequency Missing = 208

2003-2004 North Little Rock Youth Health Survey

38. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?		
	Number of Students	Percent of Total
0 DAYS	2993	90
1-2 DAYS	158	5
3-5 DAYS	48	1
6-9 DAYS	43	1
10-19 DAYS	41	1
20-29 DAYS	15	0
ALL 30 DAYS	34	1

Frequency Missing = 202

39. During your life, on how many days have you had at least one drink of alcohol?		
	Number of Students	Percent of Total
0 DAYS	1332	44
1-2 DAYS	506	17
3-9 DAYS	430	14
10-19 DAYS	227	8
20-39 DAYS	192	6
40-99 DAYS	151	5
100+ DAYS	160	5

Frequency Missing = 536

2003-2004 North Little Rock Youth Health Survey

40. How old were you when you had your first drink of alcohol other than a few sips?		
	Number of Students	Percent of Total
NEVER TRIED	1313	44
8 OR YOUNGER	287	10
AGE 9-10	220	7
AGE 11-12	350	12
AGE 13-14	475	16
AGE 15-16	298	10
17 OR OLDER	61	2

Frequency Missing = 530

41. During the past 30 days, on how many days did you have at least one drink of alcohol?		
	Number of Students	Percent of Total
0 DAYS	2389	73
1-2 DAYS	497	15
3-5 DAYS	183	6
6-9 DAYS	108	3
10-19 DAYS	70	2
20-29 DAYS	17	1
ALL 30 DAYS	10	0

Frequency Missing = 260

2003-2004 North Little Rock Youth Health Survey

42. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?		
	Number of Students	Percent of Total
0 DAYS	2865	88
1 DAY	144	4
2 DAYS	107	3
3-5 DAYS	76	2
6-9 DAYS	45	1
10-19 DAYS	24	1
20+ DAYS	6	0

Frequency Missing = 267

43. During the past 30 days, on how many days did you have at least one drink of alcohol on school property?		
	Number of Students	Percent of Total
0 DAYS	3228	98
1-2 DAYS	58	2
3-5 DAYS	12	0
6-9 DAYS	6	0
10-19 DAYS	3	0
20-29 DAYS	1	0
ALL 30 DAYS	1	0

Frequency Missing = 225

2003-2004 North Little Rock Youth Health Survey

44. During you life, how many times have you used marijuana?		
	Number of Students	Percent of Total
0 TIMES	2389	74
1-2 TIMES	219	7
3-9 TIMES	171	5
10-19 TIMES	94	3
20-39 TIMES	94	3
40-99 TIMES	63	2
100+ TIMES	196	6

Frequency Missing = 308

45. How old were you when you tried marijuana for the first time?		
	Number of Students	Percent of Total
NEVER TRIED	2472	73
8 OR YOUNGER	37	1
AGE 9-10	80	2
AGE 11-12	204	6
AGE 13-14	339	10
AGE 15-16	231	7
17 OR OLDER	33	1

Frequency Missing = 138

2003-2004 North Little Rock Youth Health Survey

46. During the past 30 days, how many times did you use marijuana?		
	Number of Students	Percent of Total
0 TIMES	2932	85
1-2 TIMES	180	5
3-9 TIMES	120	3
10-19 TIMES	58	2
20-39 TIMES	60	2
40+ TIMES	97	3

Frequency Missing = 87

47. During the past 30 days, how many times did you use marijuana on school property?		
	Number of Students	Percent of Total
0 TIMES	3359	97
1-2 TIMES	53	2
3-9 TIMES	29	1
10-19 TIMES	17	0
20-39 TIMES	5	0
40+ TIMES	10	0

Frequency Missing = 61

2003-2004 North Little Rock Youth Health Survey

48. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?		
	Number of Students	Percent of Total
0 TIMES	3298	96
1-2 TIMES	59	2
3-9 TIMES	31	1
10-19 TIMES	14	0
20-39 TIMES	10	0
40+ TIMES	16	0

Frequency Missing = 106

49. During the past 39 days, how many times did you use any form of cocaine, including powder, crack, or freebase?		
	Number of Students	Percent of Total
0 TIMES	3267	98
1-2 TIMES	25	1
3-9 TIMES	21	1
10-19 TIMES	2	0
20-39 TIMES	3	0
40+ TIMES	3	0

Frequency Missing = 213

2003-2004 North Little Rock Youth Health Survey

50. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?		
	Number of Students	Percent of Total
0 TIMES	2925	90
1-2 TIMES	194	6
3-9 TIMES	88	3
10-19 TIMES	18	1
20-39 TIMES	10	0
40+ TIMES	24	1

Frequency Missing = 275

51. During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?		
	Number of Students	Percent of Total
0 TIMES	3170	97
1-2 TIMES	72	2
3-9 TIMES	21	1
10-19 TIMES	6	0
20-39 TIMES	2	0
40+ TIMES	3	0

Frequency Missing = 260

2003-2004 North Little Rock Youth Health Survey

52. During your life, how many times have you used heroin (also called smack, junk or china white)?		
	Number of Students	Percent of Total
0 TIMES	3234	98
1-2 TIMES	31	1
3-9 TIMES	13	0
10-19 TIMES	7	0
20-39 TIMES	1	0
40+ TIMES	5	0

Frequency Missing = 243

53. During your life, how many times have you used methamphetamines (also called speed, crystal, crank or ice)?		
	Number of Students	Percent of Total
0 TIMES	3313	96
1-2 TIMES	61	2
3-9 TIMES	29	1
10-19 TIMES	17	0
20-39 TIMES	14	0
40+ TIMES	17	0

Frequency Missing = 83

2003-2004 North Little Rock Youth Health Survey

54. During your life, how many times have you used ecstasy?		
	Number of Students	Percent of Total
0 TIMES	3290	96
1-2 TIMES	76	2
3-9 TIMES	43	1
10-19 TIMES	16	0
20-39 TIMES	7	0
40+ TIMES	10	0

Frequency Missing = 92

55. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?		
	Number of Students	Percent of Total
0 TIMES	3365	96
1-2 TIMES	66	2
3-9 TIMES	26	1
10-19 TIMES	11	0
20-39 TIMES	8	0
40+ TIMES	12	0

Frequency Missing = 46

2003-2004 North Little Rock Youth Health Survey

56. During your life, how many times have you used a needle to inject any illegal drug into your body?		
	Number of Students	Percent of Total
0 TIMES	3271	99
1 TIME	27	1
2+ TIMES	12	0

Frequency Missing = 224

57. During the past 12 months, has anyone offered, sold or given you an illegal drug on school property?		
	Number of Students	Percent of Total
YES	653	20
NO	2647	80

Frequency Missing = 234

58. Have you ever had sexual intercourse?		
	Number of Students	Percent of Total
YES	1006	35
NO	1836	65

Frequency Missing = 692

2003-2004 North Little Rock Youth Health Survey

59. How old were you when you had sexual intercourse for the first time?		
	Number of Students	Percent of Total
NEVER	1836	64
AGE 11 OR YOUNGER	225	8
AGE 12	144	5
AGE 13	167	6
AGE 14	183	6
AGE 15	154	5
AGE 16	104	4
AGE 17+	43	2

Frequency Missing = 678

60. During your life, with how many people have you had sexual intercourse?		
	Number of Students	Percent of Total
NONE	1836	64
1 PERSON	319	11
2 PEOPLE	214	8
3 PEOPLE	145	5
4 PEOPLE	82	3
5 PEOPLE	50	2
6 OR MORE PEOPLE	203	7

Frequency Missing = 685

2003-2004 North Little Rock Youth Health Survey

61. During the past 3 months, with how many people did you have sexual intercourse?		
	Number of Students	Percent of Total
NONE AT ALL	1906	63
NONE IN PAST 3 MONTHS	350	12
1 PERSON	502	17
2 PEOPLE	112	4
3 PEOPLE	61	2
4 PEOPLE	27	1
5 PEOPLE	14	0
6 OR MORE PEOPLE	38	1

Frequency Missing = 524

62. Did you drink alcohol or use drugs before you had sexual intercourse the last time?		
	Number of Students	Percent of Total
N/A	1906	63
YES	194	6
NO	905	30

Frequency Missing = 529

2003-2004 North Little Rock Youth Health Survey

63. The last time you had sexual intercourse, did you or your partner use condom?		
	Number of Students	Percent of Total
N/A	1906	64
YES	732	25
NO	336	11

Frequency Missing = 560

64. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?		
	Number of Students	Percent of Total
NEVER HAD SEX	1906	64
NO BIRTH CONTROL USED	167	6
BIRTH CONTROL PILLS	85	3
CONDOMS	627	21
DEPO-PROVERA	45	2
WITHDRAWAL	92	3
OTHER	18	1
NOT SURE	41	1

Frequency Missing = 553

2003-2004 North Little Rock Youth Health Survey

65. How many times have you been pregnant or gotten someone pregnant?		
	Number of Students	Percent of Total
0 TIMES	3066	95
1 TIME	110	3
2+ TIMES	24	1
NOT SURE	27	1

Frequency Missing = 307

66. How do you describe your weight?		
	Number of Students	Percent of Total
VERY UNDERWEIGHT	190	6
SLIGHTLY UNDERWEIGHT	403	12
ABOUT THE RIGHT WEIGHT	1907	59
SLIGHTLY OVERWEIGHT	653	20
VERY OVERWEIGHT	103	3

Frequency Missing = 278

67. Which of the following are you trying to do about your weight?		
	Number of Students	Percent of Total
LOSE WEIGHT	1360	42
GAIN WEIGHT	547	17
STAY THE SAME WEIGHT	762	23
NOT TRYING TO DO ANYTHING	605	18

Frequency Missing = 260

2003-2004 North Little Rock Youth Health Survey

68. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?		
	Number of Students	Percent of Total
YES	1866	57
NO	1384	43

Frequency Missing = 284

69. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?		
	Number of Students	Percent of Total
YES	1167	36
NO	2087	64

Frequency Missing = 280

70. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?		
	Number of Students	Percent of Total
YES	465	14
NO	2823	86

Frequency Missing = 246

2003-2004 North Little Rock Youth Health Survey

71. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight?

	Number of Students	Percent of Total
YES	196	6
NO	3216	94

Frequency Missing = 122

72. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

	Number of Students	Percent of Total
YES	187	6
NO	3159	94

Frequency Missing = 188

2003-2004 North Little Rock Youth Health Survey

73. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice?		
	Number of Students	Percent of Total
NONE	927	27
1-3 TIMES	1109	32
4-6 TIMES	514	15
ONCE PER DAY	248	7
TWICE PER DAY	224	7
3 TIMES PER DAY	103	3
4+ TIMES PER DAY	291	9

Frequency Missing = 118

74. During the past 7 days, how many times did you eat fruit?		
	Number of Students	Percent of Total
NONE	897	26
1-3 TIMES	1346	40
4-6 TIMES	505	15
ONCE PER DAY	217	6
TWICE PER DAY	177	5
3 TIMES PER DAY	74	2
4+ TIMES PER DAY	190	6

Frequency Missing = 128

2003-2004 North Little Rock Youth Health Survey

75. During the past 7 days, how many times did you eat green salad?		
	Number of Students	Percent of Total
NONE	1697	53
1-3 TIMES	1049	33
4-6 TIMES	253	8
ONCE PER DAY	111	3
TWICE PER DAY	42	1
3 TIMES PER DAY	25	1
4+ TIMES PER DAY	38	1

Frequency Missing = 319

76. During the past 7 days, how many times did you eat potatoes?		
	Number of Students	Percent of Total
NONE	1287	40
1-3 TIMES	1393	43
4-6 TIMES	298	9
ONCE PER DAY	149	5
TWICE PER DAY	47	1
3 TIMES PER DAY	19	1
4+ TIMES PER DAY	55	2

Frequency Missing = 286

2003-2004 North Little Rock Youth Health Survey

77. During the past 7 days, how many times did you eat carrots?		
	Number of Students	Percent of Total
NONE	2168	67
1-3 TIMES	767	24
4-6 TIMES	146	5
ONCE PER DAY	62	2
TWICE PER DAY	37	1
3 TIMES PER DAY	17	1
4+ TIMES PER DAY	41	1

Frequency Missing = 296

78. During the past 7 days, how many times did you eat other vegetables?		
	Number of Students	Percent of Total
NONE	903	28
1-3 TIMES	1183	37
4-6 TIMES	622	19
ONCE PER DAY	248	8
TWICE PER DAY	129	4
3 TIMES PER DAY	39	1
4+ TIMES PER DAY	100	3

Frequency Missing = 310

2003-2004 North Little Rock Youth Health Survey

79. During the past 7 days, how many glasses of milk did you drink?		
	Number of Students	Percent of Total
NONE	888	26
1-3 TIMES	901	27
4-6 TIMES	530	16
ONCE PER DAY	345	10
TWICE PER DAY	304	9
3 TIMES PER DAY	175	5
4+ TIMES PER DAY	250	7

Frequency Missing = 141

2003-2004 North Little Rock Youth Health Survey

80. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

	Number of Students	Percent of Total
0 DAYS	663	20
1 DAY	387	11
2 DAYS	373	11
3 DAYS	378	11
4 DAYS	299	9
5 DAYS	355	11
6 DAYS	129	4
7 DAYS	794	24

Frequency Missing = 156

2003-2004 North Little Rock Youth Health Survey

81. On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower/mopping floors?

	Number of Students	Percent of Total
0 DAYS	1200	36
1 DAY	463	14
2 DAYS	445	13
3 DAYS	341	10
4 DAYS	182	5
5 DAYS	179	5
6 DAYS	64	2
7 DAYS	487	14

Frequency Missing = 173

2003-2004 North Little Rock Youth Health Survey

82. On how many of the past 7 days did you do exercise to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?		
	Number of Students	Percent of Total
0 DAYS	854	26
1 DAY	400	12
2 DAYS	441	14
3 DAYS	422	13
4 DAYS	232	7
5 DAYS	289	9
6 DAYS	104	3
7 DAYS	510	16

Frequency Missing = 282

83. On an average school day, how many hours do you watch TV?		
	Number of Students	Percent of Total
NO TV	300	9
LT ONE HOUR	521	16
1 HOUR	394	12
2 HOURS	560	18
3 HOURS	471	15
4 HOURS	267	8
5+ HOURS	677	21

Frequency Missing = 344

2003-2004 North Little Rock Youth Health Survey

84. In an average week when you are in school, on how many days do you go to physical education classes?		
	Number of Students	Percent of Total
0 DAYS	1410	46
1 DAY	119	4
2 DAYS	225	7
3 DAYS	705	23
4 DAYS	53	2
5 DAYS	530	17

Frequency Missing = 492

85. In an average week when you are in school, on how many minutes do you spend actually exercising or playing sports?		
	Number of Students	Percent of Total
NO PE CLASS	1438	46
LT 10 MINUTES	107	3
10-20 MINUTES	188	6
21-30 MINUTES	170	5
31-40 MINUTES	140	4
41-50 MINUTES	189	6
51-60 MINUTES	364	12
OVER 60 MINUTES	528	17

Frequency Missing = 410

2003-2004 North Little Rock Youth Health Survey

86. During the past 12 months, on how many sports teams did you play?		
	Number of Students	Percent of Total
0 TEAMS	1460	44
1 TEAM	887	27
2 TEAMS	522	16
3+ TEAMS	470	14

Frequency Missing = 195

87. Have you ever been taught about AIDS or HIV infection in school?		
	Number of Students	Percent of Total
YES	2212	74
NO	468	16
NOT SURE	319	11

Frequency Missing = 535

Internet Resources for Educators, Parents, and Teens

For more information about the County Youth Health Survey (CYHS) and the risk behaviors it covers, please see the following Internet resources.

The Youth Risk Behavior Study

This page is the United States Centers for Disease Control and Prevention's (CDC's) overview of the methods, results, and uses of CYHS data.

<http://www.cdc.gov/nccdphp/dash/CYHS/ov.htm>

Violence

These sites include information about warning signs and prevention of violence among adolescents.

The American Psychological Association's site about youth violence warning signs, and information about how to get help for violent youth.

<http://helping.apa.org/warningsigns/index.html>

This information about understanding violent behavior among youth is provided by the American Academy of Adolescent and Child Psychiatry.

<http://www.aacap.org/publications/factsfam/behavior.htm>

Tobacco, Alcohol, and Other Drug Use

These pages provide information about tobacco, alcohol, and other drug use prevention, and treatment for youth and their families.

The Campaign for Tobacco-Free Kids is the country's largest non-government initiative ever launched to protect children from tobacco addiction and exposure to second-hand smoke.

<http://www.tobaccofreekids.org>

Arkansans for Drug Free Youth is an organization dedicated to educating and motivating Arkansas youth, families, and communities in the development of healthy, drug free youth.

<http://www.adfy.com>

PREVline (Prevention Online) offers hundreds of files about alcohol, tobacco, and other drugs from the National Clearinghouse for Alcohol and Drug Information.

<http://www.health.org>

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Teen Pregnancy and Sexual Behavior

These sites provide information about teen sexuality, pregnancy, and STD's.

The Alan Guttmacher Institute provides reliable, balanced, nonpartisan information on sexual activity, contraception, abortion, and childbearing. <http://www.guttmacher.org>

The mission of the National Campaign to Prevent Teen Pregnancy is to prevent teen pregnancy by supporting values and stimulating actions that are consistent with a pregnancy-free adolescence. Their site contains tips for teens, parents, and faith communities on ways they can help prevent teen pregnancy and the spread of sexually transmitted diseases.

<http://www.teenpregnancy.org/>

Nutrition and Physical Activity

The following sites are dedicated to providing information about healthy eating and exercise.

The American Dietetic Association promotes optimal nutrition and well being for all people. <http://www.eatright.org>

The American Council on Exercise (ACE) is committed to promoting active, healthy lifestyles and their positive effects on the mind, body and spirit.

<http://www.acefitness.org/>

Mental Health Issues

This site provides information regarding mental health issues including depression, suicide, mental illnesses, and how to get help.

The National Mental Health Association is dedicated to promoting mental health, preventing mental disorders and achieving victory over mental illnesses through advocacy, education, research and service.

<http://www.nmha.org>

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Parenting Teens

These links connect to sites for parents of teenagers. Issues covered include tips for communicating with teens, health, education, substance abuse, eating disorders, and other topics of interest to parents of teenagers.

From About.com, a site with original articles about parenting and links to other sites of interest to parents of teens.

<http://parentingteens.about.com/home/parenting/parentingteens/>

From Parent's Soup, a site with articles and information from educators, experts, and parents.

<http://www.parentsoup.com/community/teens.html>

Links for Teens

The following sites are designed for teenagers with content by teens covering a variety of topics including health and education, creative expression, and practical advice.

About.com's site for teenagers, including message boards and creative writing from real teens.

<http://teenexchange.about.com/kidsteens/ktteens/teenexchange/>

Teen Voice is a youth magazine covering issues facing teenage girls and young women today including topics such as health, education, substance abuse, and body image.

<http://www.teenvoices.com>

Miscellaneous

The Annie E. Casey Foundation is a private charitable organization dedicated to helping build better futures for disadvantaged children in the U.S.

<http://www.aecf.org>

The U.S. Department of Health & Human Services

<http://www.dhhs.gov>